ISRAEL-HAMAS PRISONER SWAP NEARS COMPLETION 5

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Tuesday

SOUTHERN PUSH

President Obama hits the road to tout his polarizing jobs plan 3

OCCUPY EARBUDS

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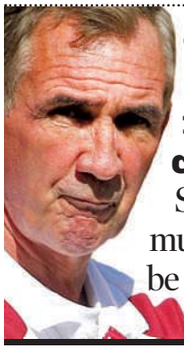

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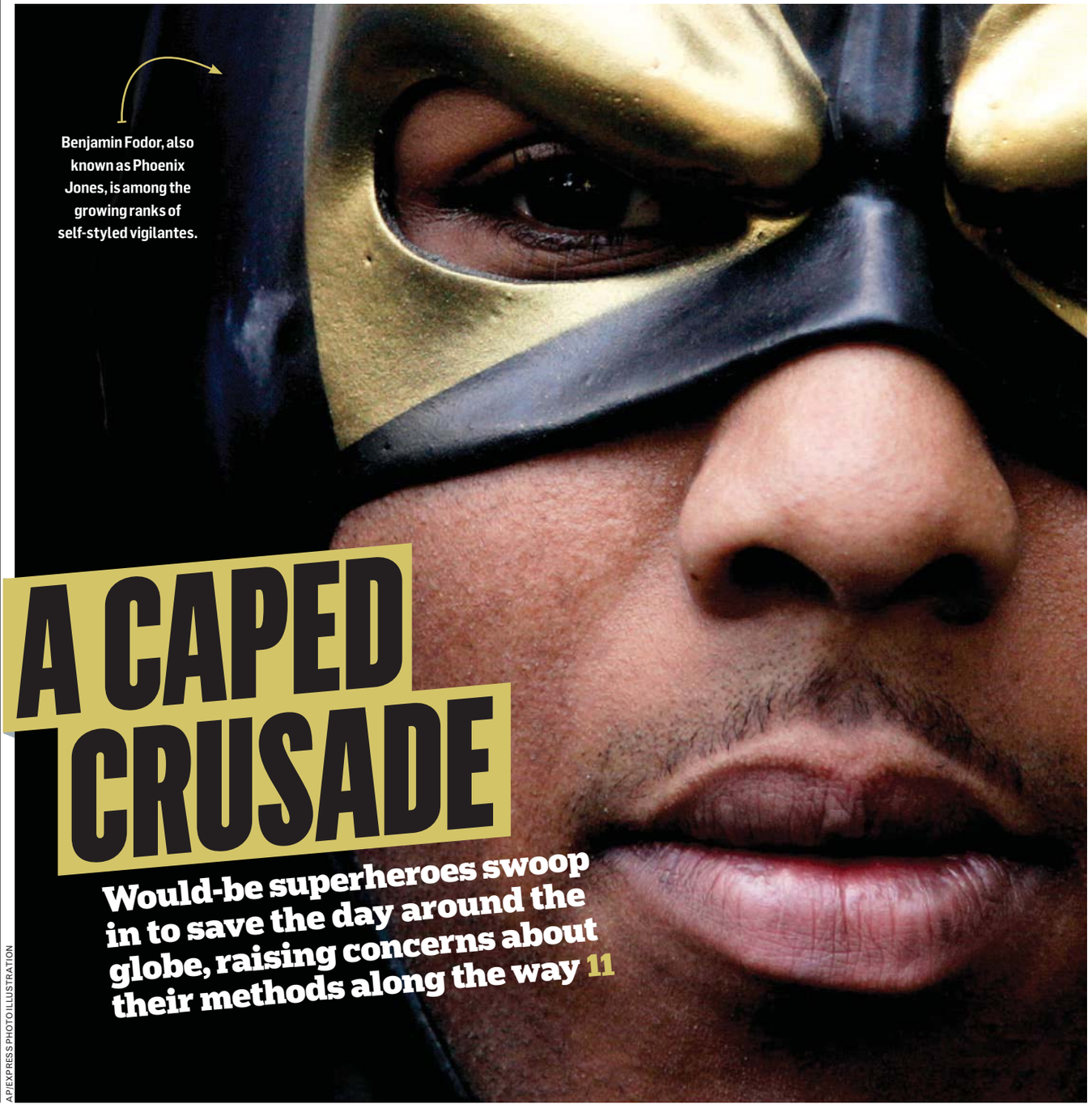

Benjamin Fodor, also known as Phoenix Jones, is among the growing ranks of self-styled vigilantes.

AP/EXPRESS PHOTO ILLUSTRATION

A CAPED CRUSADE

Would-be superheroes swoop in to save the day around the globe, raising concerns about their methods along the way 11

eo

eye openers

PRIORITIES

Suspect Then Requested Pizza Bites and an Xbox

Police in Frederick, Md., say a burglary suspect called them to ask for a ride home after he spent five hours out in the cold. Teddy Deavers, 24, and three others were spotted stealing copper from a construction site late Saturday night. Officers quickly caught three of the men. But Deavers remained at large until nearly 5 a.m., when he called police and demanded a ride home, complaining that he was cold and wet. (AP)

CUISINE

Assault and Buttercream

A 60-year-old Chicago woman who threw cupcakes at her husband has been charged with misdemeanor domestic battery. The Chicago Sun-Times reports that Dawn Montesdeoca tossed the baked goods at her husband Saturday. Police at the scene reported that icing was smeared across his head and shirt. (EXPRESS)

ART

Clark Kent Broke the Story

Auctioneer Sotheby's has sold work by artists great and mediocre, famous and obscure — and now, by an artist who never existed. The London auction house said Monday it is offering a drawing by the talented but fictional American abstract expressionist Nat Tate. Tate is the creation of British novelist William Boyd, who wrote a fictional biography that included reproductions of the artist's drawings. (AP)

The Big Picture

YOSHIKAZU TSUNO/AFP/GETTY IMAGES

BERNIE REALLY GOT INTO THE LOG RHYTHM: Members of the Kiba "kakunori" preservation society, who practice the ancient art of logrolling that originated with lumberjacks during the Edo period (1603-1868), compete to stand on a floating log at a festival in Tokyo on Sunday. (GETTY)

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Obama Pushes Jobs Plan in N.C.

President assails foes of measure for failing to listen to the public

Fletcher, N.C.

Rolling through small Southern towns in a campaign-style bus, President Obama on Monday pressed lawmakers back in Washington to start taking up pieces of his rejected jobs bill and mocked the Republicans who had shot it down in total. The Senate moved to vote soon on one part, a plan to help states hire teachers, but the proposal seemed doomed.

Deep in the mountains of politically important North Carolina, Obama soaked up the region's autumn beauty at the same time he assailed foes of his jobs legislation, accusing them of failing to listen to the public.

Back at the Capitol, Senate Democrats announced they would act first on a single part of Obama's plan, a longshot bid to help states hire teachers and police. A Senate vote could come as soon as the end of the week. If not, it would probably fall into November due to a planned break next week, even as Obama urges quick action.

JEWEL SAMAD/AFP/GETTY IMAGES

President Obama spoke about his American Jobs Act on Monday in Millers Creek, N.C., while the Senate moved to vote soon on a part of the measure in Washington.

In North Carolina, the president directed his most pointed remarks at Senate Republicans, who last week blocked action on his full $447 billion proposal combining tax cuts and new spending.

"Essentially, they said no to you," Obama told a supportive crowd outside Asheville. Noting that Republicans will now get a chance to vote on elements of his jobs agenda one by one, he said: "Maybe they just couldn't understand the whole thing all at once. So we're going to break it up into bite-size pieces."

Over three days, Obama is covering the countryside of both North Carolina and Virginia, two traditionally GOP-leaning states that he won in 2008 on his campaign's ability to boost turnout among young people and black voters. Obama's poll numbers are down in both Virginia and North Carolina, languishing in the mid- to low-40s in recent polls. The numbers mirror his approval ratings nationally. JULIE PACE (AP)

Agenda

Plan in Pieces

House Speaker John Boehner's office said Monday that the Ohio Republican has offered to work with President Obama on aspects of the jobs bill that Republicans agree with but that the president opted for a bus trip instead. However, Obama and his opponents on Capitol Hill don't agree on how much they have tried to agree. Obama insisted he would work with the GOP and, noting the angst within some in his own party about his willingness to compromise, Obama said: "I tried so hard to cooperate with Republicans, Democrats have been getting mad at me." (AP)

BlackBerry Makes Amends: Trying to make up for massive outages last week, Research in Motion announced a free premium apps giveaway for millions of its customers who may still feel jolted and a month of technical support for some business clients. The company said Monday that the apps, worth more than $100, will be made available over the coming weeks on BlackBerry@App World. The offer runs until the end of the year. (AP)

In Brief

HELENA, MONT.

Native American Leader Elouise Cobell Dies at 65

Cobell

Elouise Cobell, the Blackfeet woman who led a 15-year legal fight to force the U.S. government to account for more than a century of mismanaged Indian land royalties, died Sunday of complications from cancer. She was 65. (AP)

KANSAS CITY, MO.

Mom Says She Was Drunk When Baby Disappeared

Deborah Bradley, the mom of a baby who she says was taken from her home, said Monday on NBC's "Today" show that she was drunk when Lisa vanished. Meanwhile, the family hired attorney Joe Tacopina, who represented Joran Van der Sloot, who was suspected in Natalee Holloway's 2005 disappearance. (AP)

WASHINGTON

6 Years Later, Pentagon To Resume N. Korea Talks

The Pentagon says it will open negotiations Tuesday with North Korea on resuming efforts to recover the remains of some of the estimated 5,500 U.S. service members unaccounted for from the 1950-53 Korean War. Recovery efforts were halted in May 2005. (AP)

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Nation

Study: Pap Smears Still Best for Cervical Cancer

Health

There's more news on cancer screening tests — this time for women. Scientists advising a government task force say a Pap test is a good way to screen young and middle-aged women for cervical cancer, and it's needed only once every three years. But they say there is not enough evidence yet to back testing for HPV, the virus that causes the disease.

That's at odds with the American Cancer Society and other groups, which have long said that using both tests can be an option for women over 30.

Those groups and U.S. Preventive Services Task Force separately plan to release proposed new guidelines for cervical cancer screening Wednesday. The task force also recommended against routine PSA tests to screen for prostate cancer.

Not enough is known about the benefits and especially the harms of HPV testing, concludes the scientific review published Monday in the Annals of Internal Medicine and led by Dr. Evelyn Whitlock of Kaiser Permanente Northwest's Center for Health Research in Portland, Ore., who worked in conjunction with the task force.

Here's the problem: Infections with the human papillomavirus are very common. They usually go away and pose a cancer risk only when they last a year or more. Tests that find these infections might lead many women to more invasive follow-up tests that can weaken the cervix and cause problems with having children later. No big studies measure these harms, and a test that flags more potential cancers might not be better.

MARILYNN MARCHIONE (AP)

Backstory

Cervical cancer screening is a success story. In the United States, cases and death rates have been cut more than in half since the 1970s because of Pap smears — lab exams of cells scraped from the cervix, the gateway to the uterus. The test can find early signs of this slow-growing cancer and treat them before a tumor has a chance to develop. (AP)

Hearsay

"We don't need any new pests; we've got enough now."

— **JACK RICHARDSON,** A BLACKVILLE, S.C., SOYBEAN FARMER COMMENTING ON THE INVASIVE "KUDZU BUGS" THAT BESPECKLE HIS 200 ACRES OF SOYBEANS UNDER CULTIVATION.

Cell Phone Cos. To Warn When Plan Nears Limit

New York

Cell phone companies pledged Monday to warn subscribers before they go over their monthly limits for calling minutes, text messages and data use.

CTIA - The Wireless Association, a trade group representing the major cell phone companies, said they're also promising to warn subscribers that they're paying roaming fees if they travel abroad. The warnings will arrive as text messages, and subscribers won't need to sign up for them — they'll arrive automatically. PETER SVENSSON (AP)

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Nation

Life-at-Conception Push Heads to Miss. Voters

Jackson, Miss.

A national effort to put abortion bans into state constitutions is looking for its first victory next month in Mississippi, where voters are being asked to approve an amendment declaring that life begins when a human egg is fertilized.

Supporters hope the so-called personhood initiative will succeed in a Bible Belt state that already has some of the nation's toughest abortion regulations and only one clinic where the procedures are performed.

The initiative is endorsed by both candidates in a governor's race that's being decided the same day — Nov. 8. While Mississippi is the only state with such an amendment on the ballot this fall, efforts are under way to put the question to voters in at least four other states in 2012.

Any victory at the state level would likely be short-lived, since a life-at-fertilization amendment would conflict with the U.S. Constitution. Leaders of the movement say their ultimate goal is to provoke a court fight to overturn Roe v. Wade, the 1973 U.S. Supreme Court decision that established a legal right to abortion.

EMILY WAGSTER PETTUS, (AP)

Defining Life

Opponents to the personhood initiative say defining life as beginning at fertilization could block some common forms of birth control and deter Mississippi physicians from performing in vitro fertilization because they'd fear criminal charges if an embryo doesn't survive. They also say supporters are trying to impose their religious beliefs on others to force women to carry unwanted pregnancies, including those caused by rape or incest. (AP)

Trademark Allegations

Urban Outfitters' line of Navajo-branded clothing and accessories has set off a firestorm online and within the Navajo Nation government because the clothing chain uses the name "Navajo" on its products and in marketing. The tribe holds at least 10 trademarks that cover clothing, footwear, online retail sales, household products and textiles. (AP)

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World

Israelis, Palestinians Poised to Enact Swap

Court likely to allow prisoner exchange for soldier to proceed

Jerusalem

The elaborate machinery of a prisoner swap deal between two bitter enemies swung into motion Monday, as hundreds of Palestinians and one Israeli soldier prepared to return home in one of the most dramatic recent developments in the otherwise deadlocked Israel-Palestinian conflict.

The Israel-Hamas deal, to take place Tuesday, is likely to go ahead despite criticism and court appeals in Israel against the release of 1,027 Palestinians for a soldier held by Gaza militants since 2006.

The exchange, negotiated through mediators, involves a delicate series of staged releases, each one triggering the next.

When it is over, Sgt. Gilad Schali, 25, will be free, ending what for Israel has been a prolonged and painful saga. To do so, Israel agreed to a lopsided prisoner exchange that Hamas officials have openly said will encourage them to capture more soldiers and that will free Palestinians convicted of some of the deadliest attacks against Israeli civilians in recent memory.

Israel will release 477 Palestinians on Tuesday. Another 550 are set to be released in two months.

HATEM MOUSSA/AP

Relatives in Gaza City study a list of Palestinian detainees to be freed by Israel.

The swap drew an emotional response from some in Israel because of the number and identities of the prisoners. Palestinians see the prisoners as freedom fighters whose actions were justified in the context of their struggle against Israel.

In Israel, relatives of victims of Palestinian attacks filed appeals aimed at stopping the deal. At an emotionally charged hearing Monday, Noam Schalit, the soldier's father, urged judges not to delay the swap. They were still deliberating late Monday but were expected to let it stand. MATTI FRIEDMAN (AP)

SCIENCE

Next: Roadrunners?

A South Korean team led by disgraced scientist Hwang Woo-suk claims to have cloned coyotes for the first time, the Sooam Biotech Research Foundation said Monday. Eight cloned coyotes were born in June, the group said. In 2005, Hwang's breakthrough human cloning research involving embryonic stem cells was found to be fake, stunning scientists. (AP)

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World

In Brief

TRIPOLI, LIBYA

Gadhafi Bastion Is Mostly Secured, Officials Say

Libyan revolutionary forces have captured almost all of Bani Walid, one of Moammar Gadhafi's remaining strongholds but still face pockets of resistance, officials said Monday. Resistance in Bani Walid and Gadhafi's hometown of Sirte has prevented Libya's new leaders from declaring full victory since taking the reins two months ago. (AP)

SAN'A, YEMEN

Reports: Clashes Kill 18

Skirmishes between troops loyal to Yemen's embattled president and his rivals on Monday left at least 18 people dead and 30 wounded in the capital, San'a, and the city of Taiz, according to medical, security and tribal officials. (AP)

MOGADISHU, SOMALIA

Somalian Militants Warn Kenya Over Military Move

Somali militants on Monday threatened to bring down Nairobi skyscrapers after Kenya sent troops into Somalia. Kenya on Sunday moved two battalions of about 800 troops each across the border, a Nairobi-based official said. Kenya says the invasion is retaliation for the kidnappings of four Europeans, including two aid workers, from Kenyan soil. (AP)

Ailing American Rescued From South Pole Outpost

Concord, N.H.

A sick American engineer who had been working at the South Pole for a year has been successfully evacuated and said Monday she slept for the whole plane ride to New Zealand for medical treatment.

Renee-Nicole Douceur, a Raytheon contractor, described the flight in an email to The Associated Press shortly after landing in Christchurch.

"My brain is still intact," she wrote. She said she is scheduled for tests on Tuesday.

After initially having half her field of vision vanish in August, Douceur said last week she can now read if she concentrates on a few words at a time. She said she jumbles words at times and has had trouble remembering simple lists of words.

A storm delayed a flight attempt Saturday. The first part of Douceur's trip was to take a plane to the National Science Foundation's research station in Antarctica and then she headed to New Zealand. (AP)

Backstory

Renee-Nicole Douceur, 58, of Seabrook, N.H., worked as a manager for research station contractor Raytheon Polar Services Co. She asked for an emergency evacuation after having what doctors believed was a stroke in August, but officials rejected her request because of bad weather. (AP)

1.2M **The number of sandbags Bangkok needs** in the next 48 hours to prevent widespread flooding, city Governor Sukhumbhand Paribatra warned Monday. Since July, monsoon rains have inundated two-thirds of Thailand. (AP)

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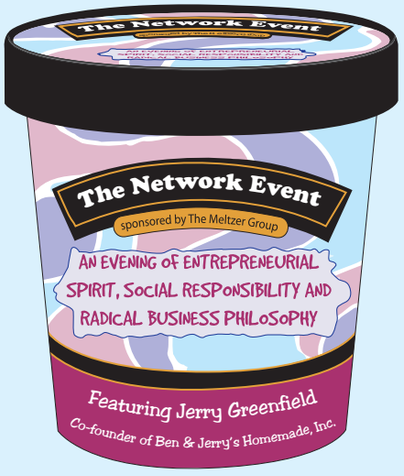

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World

LEFTERIS PITARAKIS/AP

Rueben Taylor, 25, says she has been squatting in a London home for about a month.

Britain Struggles To Halt Squatters

As housing crunch expands, trespassing tenants are targeted

London

Like many young Londoners, Rueben Taylor shares a house in a neighborhood that's part scruffy, part smart. But she doesn't pay a penny in rent — and that puts her at the center of an escalating battle pitting the rights of property owners against the needs of tenants squeezed out of Britain's shrinking stock of affordable homes.

Taylor, 25, is a squatter who lives with four others in a 19th-century rowhouse on a street of $950,000 homes. The owner is unhappy about the unwanted guests, but they are not committing a crime. However, that could change.

Britain's Conservative-led administration has begun moves to outlaw the practice of living in empty buildings without the owners' permission. It's currently a civil, rather than criminal, offense.

The idea seems to have wide support but faces opposition from squatters, housing charities and many legal experts, including a London judge who has ordered a local authority to release a list of empty buildings to a squatting support group.

Taylor said the squatters, who moved in a month ago, have reconnected the water and electricity and pay the bills.

Official records show the curent owners bought the house in 2006, and it was last occupied in 2007. It was put up for sale a year ago but did not find a buyer — an increasingly common occurrence in Britain's weak housing market.

It's not clear whether the U.K. will succeed in criminalizing squatting. The Netherlands did so last year, sparking violent protests.

Squatting advocates say there are as many as 750,000 empty buildings in Britain that could be put to productive use as homes.

"There's a lot of talk about the problem of squatting," Taylor said. "Squatting is not the problem. Squatting is the solution."

JILL LAWLESS (AP)

Backstory

Squatting is a well-established, if generally unwelcome, tradition in Britain. While the government does not keep hard numbers, it cites an estimate of 20,000 squatters nationwide. While many in Britain see squatters as freeloaders, squats can be hives of creativity. Musicians including Joe Strummer and Boy George got their start living rent-free, as did other artists who went on to global fame in the 1980s and '90s. (AP)

THE JUSTICE LEAGUE

Members of the Black Monday Society lead patrols in Salt Lake City, part of a trend among citizens to fight crime.

AP

Masked vigilantes aspire to save the day, but the trend is triggering alarm

Seattle

Fabio Heuring was standing outside a Seattle nightclub with a friend on a recent Saturday night, smoking cigarettes, when a man bolting from a bouncer ran into them. Enraged, the man ripped off his shirt in the middle of the street and prepared to give Heuring's buddy a beating.

Just then, in swooped a bizarre sight: a self-proclaimed superhero in a black mask and matching muscle suit. He doused the aggressor with pepper spray, much to Heuring's relief.

A couple hours later, though, using those tactics on another group of clubgoers would land the superhero — Benjamin Fodor, better known as Phoenix Jones — in jail, sending pangs of anxiety through the small, eccentric and mostly anonymous community of masked crime-fighters across the U.S.

Comic book-inspired patrolling of city streets by "real-life superheroes" has been gained popularity, thanks largely to mainstream attention in such movies as last year's "Kick-Ass" and the recent HBO documentary "Superheroes." And as the masked, caped and at times bulletproof-vested avengers multiply, many fret that even well-intentioned vigilantes risk hurting themselves, the public and the movement if they are aggressive as Fodor was.

Fodor remained unapologetic, saying he's just like anyone else except that "I decided to make a difference and stop crime in my neighborhood."

But many in the vigilante community point to Fodor's arrest as a watershed moment: As more people — often, young people — fashion themselves into superheroes, they risk finding themselves in similar situations in which they wind up hurting innocent members of the public or being shot, stabbed or beaten. Such negative attention could doom the movement, they say.

Edward Stinson, 40, of Boca Raton, Fla., advises justice seekers at Reallifesuperheroes.org. He says that if the movement is to continue to grow, it needs to do a better job policing itself. Stinson, who says he has a military background, envisions a nonprofit organization devoted in part to building community trust. He also thinks there should be tactical superhero training, including how to take control of a volatile situation and defuse it.

Their lack of training especially troubles professional crime-fighters.

"If people want to dress up and walk around, knock yourself out," said Seattle police spokesman Mark Jamieson. "Our concern is when you insert yourself into these situations without knowing the facts, it's just not a smart thing to do. If you think a situation warrants calling 911, call 911." (AP)

A Storied History

Masked crusaders began appearing in the 1970s with San Diego's Captain Sticky, left, who used his Superman-like costume to fight against rental car rip-offs and for tenant rights, filmmaker Michael Barnett said. They spread throughout the country in the 1980s and 1990s, and became more popular, thanks to the faster communication and online support communities of the Internet. Barnett, who followed 50 real-life crime fighters for 15 months for his documentary "Superheroes," said he met plumbers, teachers, cashiers and firefighters who switch every night in the name of security. Their weapons include pepper spray, stun guns and batons. Relatively few have any combat training or formal knowledge of how to use their arsenal, he said. (AP)

660

The estimated number of costumed vigilantes around the globe, Reallifesuperheroes.org says. That count includes New York City's New York Initiative and the Shadow Corp in Saginaw, Mich., and even a character named Nightbow who says he patrols in Carlisle, England. (AP)

Phoenix Rising

Benjamin Fodor, 23, aka Phoenix Jones, is the most prominent face of the Rain City Superhero Movement, a collection of vigilantes who appeared in Seattle over past year. On Oct. 9, about two hours after he saved Fabio Heuring and his buddy, he charged a group of people leaving a downtown nightclub as a videographer trailed him. From the shaky film, it appeared there may have been a disturbance in the group. Fodor insists he was breaking up a fight when he hit the crowd with pepper spray; the people who got sprayed told police there had been no fight. He was briefly booked into jail, but he hasn't been charged yet. He appeared in court last week, wearing his superhero costume under a button-down shirt. (AP)

DC Rider

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Nightmare at Rosslyn Station

Q Why hasn't Metro apologized for the debacle at Rosslyn last Tuesday after the attempted suicide at Clarendon? There were few Metro personnel at the scene and it was chaos.

Metro does pretty well handling scheduled disruptions, like the ones on weekends, but it's still got a long way to go in communicating information to riders on platforms and trains. An incident like that one last week on the Orange Line is bound to cause extensive delays. There's nothing much Metro can do quickly to provide an alternative for thousands of riders at rush hour. The shuttle buses don't help much.

Q It seems that whenever a Metro station needs to be evacuated, there are many reports from riders on the scene that station managers are not directing them correctly or not directing them at all. I am wondering why these evacuation problems continue to happen and if you aware of whether Metro is doing anything to address it.

Riders have been expressing concern about such situations for years. The station managers are crucial in these situations, but they can easily be overwhelmed. It takes awhile for Metro to get extra personnel to the scene of the problem.

Q I was on the Orange Line [Tuesday], too, but people need to manage their expectations of Metro. I absolutely think the station personnel at Rosslyn could have done a better job communicating/getting people out of the station, but before everyone goes off, let's keep in mind that it was an emergency situation.

Over the past few years, Metro has expanded the ways it can communicate with riders in emergencies. But it's not a substitute for voice communication and sign communication in the stations and aboard trains. But as you say, in an emergency like that, it's not realistic to expect a quick resolution and a short delay.

Q I'm so glad I bypassed this mess. I normally take the Orange Line from Farragut West to Vienna. When I got to Farragut West and heard that I'd have to not only wait a long time to get on a train but would also have to get off at Rosslyn and take a shuttle to Ballston, I decided to take a cab. So I took a cab from downtown to Ballston, beat the rush and got to Vienna quite easily. Another thing people could do is take the 38B bus to Ballston.

Yes, the 38B is "The Orange Line with a view" and a decent alternative. But the regular bus routes and the free shuttles added in emergencies still are no match for a train. The buses can be easily overwhelmed by just one train load of riders.

Q Last weekend, there was track work scheduled for all lines, single tracking and closed stations. All of this on a holiday weekend, when there were three big events going on in D.C. (Adams Morgan Festival, Taste of DC, and the Army Ten-Miler). This weekend, they stopped track work on Sunday and extended hours for one big event, the MLK memorial dedication. Why?

Back when the dedication of the memorial was scheduled for late August, planners anticipated it might draw as many as a quarter-million people from across the nation. When it had to be rescheduled because of Hurricane Irene, the crowd estimates dropped to about 50,000. That's still a lot of people going to a part of D.C. where parking would be impossible.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

NATIONAL INSTITUTES OF HEALTH

Epilepsy

Do you suffer from epilepsy?

The National Institute of Neurological Disorders and Stroke at the National Institutes of Health Clinical Center in Bethesda, Maryland, is looking for individuals with severe epilepsy or individuals who have experienced persistent seizure activity that cannot be controlled with medication, to participate in this research study. The goal of this research study is to provide surgical treatment to control these types of seizures. Participation requires an inpatient stay of up to four weeks, plus three outpatient visits within two years after surgery. There is no cost to participate. Travel may be compensated.

For more information,
Call: 1-800-411-1222 (TTY: 1-866-411-1010)
Se habla español
Or go online, clinicaltrials.gov
Refer to study # 11-N-0051

You may be eligible if you:

- are 8 years of age or older
- have severe epilepsy that cannot be controlled with medication
- have simple or complex partial seizures

You may not be eligible if you:

- cannot have a MRI
- are pregnant or nursing
- have a bleeding disorder

Parents must give permission for minors to participate.

The NIH Clinical Center, America's research hospital, is located on the Metro red line, Medical Center stop in Bethesda, Maryland.

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Arlington, Herndon, and Loudoun

DOT Awards Millions to Region

Jurisdictions benefit from federal grant money for projects

Washington

Maryland can buy new commuter buses; Metro can pay for a new system to keep track of its buses, trains and other assets; and Alexandria can study transit options in the Van Dorn Street corridor with federal grant money doled out Monday.

The funding was included in $928.5 million in grant money for more than 300 public transportation projects announced Monday by U.S. Transportation Secretary Ray LaHood.

"These grant funds will make sure that bus service in our communities remains reliable and desirable while putting thousands of Americans to work at the same time," said Federal Transit Administrator Peter Rogoff.

$1.5M
The amount of money awarded to Metro to develop a system to track its fleet's condition.

The money will be used to replace or refurbish aging buses; build or upgrade bus terminals and other transit facilities; install bus-related equipment; and study future transit needs.

The Maryland Department of Transportation will receive $8 million to replace old buses. The Potomac and Rappahannock Transportation Commission received $2.6 million to overhaul vehicles and to purchase new buses.

Metro was granted $1.5 million to develop an integrated asset management system to track the condition of its fleet, facilities and equipment.

Alexandria was awarded $800,000 to study land use and transit options in the corridors from the Van Dorn Metro station to the Pentagon and Shirlington. ASHLEY HALSEY III (THE WASHINGTON POST)

Backstory

U.S. Transportation Secretary Ray LaHood said competition was fierce for the grants, which were awarded through the Federal Transit Administration's Alternatives Analysis, Bus Livability, and State of Good Repair Programs. The FTA reviewed 839 project applications—representing $4.9 billion in funding requests by transit providers—before making the selections. (THE WASHINGTON POST)

The Lotteries

Monday, Oct. 17

District

Mid-day Lucky Numbers	1-6-4
Evening Lucky Numbers (Sun.)	9-1-1
Mid-day DC 4	6-4-2-3
Evening DC 4 (Sun.)	0-8-3-6
Mid-day D.C. Five	6-3-8-5-6
Evening D.C. Five (Sun.)	3-7-6-3-5

Maryland

Mid-day Pick 3	8-8-5
Evening Pick 3 (Sun.)	2-4-2
Mid-day Pick 4	0-9-7-1
Evening Pick 4 (Sun.)	4-0-7-1
Match 5 (Sun.)	2-19-23-32-34 (16)

Virginia

Mid-day Pick 3	2-8-5
Evening Pick 3 (Sun.)	7-5-8
Mid-day Pick 4	9-8-7-5
Evening Pick 4 (Sun.)	4-0-7-1
Mid-day Cash 5 (Sun.)	4-7-14-20-23
Evening Cash 5 (Sun.)	2-4-18-20-21

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Engineers Go to Work on Cathedral

N IKKI KAHN/TWP

KATIE FRANCIS, A MEMBER OF THE DIFFICULT ACCESS TEAM of engineers from Wiss, Janney, Elstner Associates (WJE), rappels down the Washington National Cathedral Monday. Repairs continue on the edifice after an Aug. 23 magnitude-5.8 earthquake damaged its exterior.

4% **The increase in average yearly pay** for office cleaners under a tentative new agreement that a union bargaining committee came to Sunday night. About 12,000 office cleaners in the D.C. region had threatened to strike when their contract expired at midnight Sunday. Union members must still ratify the agreement. (AP)

Have you been diagnosed with polycystic ovarian syndrome?

The National Institutes of Health (NIH) in Bethesda, Maryland, is conducting a study for polycystic ovarian syndrome (PCOS). The purpose of the study is to investigate a possible connection between adrenal glands which secrete steroid hormones, and PCOS. Participation requires an inpatient stay of up to nine days at the NIH Clinical Center and includes a physical exam and tests. Participants must be willing to discontinue the use of oral contraceptives for at least one month prior to participation.

You are eligible to participate if you:
- Are between 16 to 24 years of age (Parents must give permission for minors to participate.)
- Have been diagnosed with polycystic ovarian syndrome

You are not eligible to participate if you:
- Have known adrenal tumors
- Have diabetes or history of pregnancy

The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland. All study-related procedures are provided at no cost.

Department of Health and Human Services
National Institutes of Health
Eunice Kennedy Shriver
National Institute of Child Health & Human Development

For more information, please call:
1-800-411-1222
(TTY: 1-866-411-1010)
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Or go online, clinicaltrials.gov
Refer to study 11-CH-0119

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Local

In Brief

PATRICK SEMANSKY/AP

Gov. Martin O'Malley said Monday his congressional redistricting map is fair.

ANNAPOLIS, MD.

O'Malley Defends His Map For State Redistricting

Gov. Martin O'Malley defended his congressional redistricting map on Monday as balanced and fair, as lawmakers gathered for a special session to vote on new districts for the state's eight representatives in the U.S. House of Representatives for the next decade. The governor also said hearings will be held this week to build consensus for a legislative package to spur job growth, to be considered in the General Assembly's regular 90-day session in January. (AP)

WASHINGTON

Cornel West Not Charged In Demonstration Arrest

Princeton University professor Cornel West and 18 others arrested with him at the U.S. Supreme Court while protesting corporate influence will not face charges after prosecutors declined Monday to pursue a case. The group was arrested Sunday while demonstrating on the steps of the Supreme Court. They were protesting the influence of Wall Street and the court's 2010 decision in the case that overturned a ban on corporate spending in federal elections. (AP)

WASHINGTON

Metro: 2 Red Line Stations To Close This Weekend

Metro plans maintenance work on three lines this weekend, but the most significant impact will be on the Red Line. The Fort Totten and New York Avenue stations will be closed for a rehabilitation project above the tracks on the New York Avenue Bridge. (THE WASHINGTON POST)

Sports

WIN MCNAMEE/GETTY IMAGES

By turning to John Beck on Sunday, Redskins coach Mike Shanahan put himself in a tough spot when deciding who will start at quarterback

A Real Quandary

The Redskins

Even before training camp began, starting quarterback looked like a placeholder job for the Redskins, who opted this year to address many other holes in the roster after a third-consecutive last-place finish. Coach Mike Shanahan begged to differ, saying he would stake his Super Bowl-winning reputation on Rex Grossman and John Beck.

Five games into the season, Shanahan isn't backing down, even after Grossman's four-interception performance in Sunday's 20-13 loss to the Philadelphia Eagles. Grossman was benched for Beck, who took over in the fourth quarter and led the Redskins' only touchdown drive in his first regular season game since 2007.

Now Shanahan must decide who starts next week against the Carolina Panthers as the Redskins (3-2), having been knocked out of first place in the NFC East, try to regain the momentum that made them an early season surprises.

Shanahan said Monday he had yet to make up his mind and had solicited opinions from the coaching staff. An announcement will come when practice resumes Wednesday, making for a mini-version of the Rex-versus-Becks duel that played out during the preseason.

Whoever it is, the winner will not be lacking for the coach's public vote of confidence. "I believe in Rex, and I believe in John Beck," Shanahan said. "I told you that from Day One."

Shanahan was his usual cagey self, trying his best not to drop any hints as to which way he was leaning. In Grossman's favor, the coach recalled a five-interception game by John Elway in 1985 and also noted: "We know a pretty good quarterback this year that threw four interceptions in a game," an obvious reference to the Eagles' Michael Vick.

Shanahan's most candid moment came when he was asked how much Grossman's win-loss record would factor into the decision. "First of all, I'm going to use facts whichever way I want to, based on what story I want to throw out there," he said to laughs.

After all, Grossman did get the Redskins this far — a winning record and a half-game out of first — and a switch to Beck might cost a game or two while he finds his groove, assuming he has one. On the other hand, Beck might be the spark that keeps the season from slipping away. JOSEPH WHITE (AP)

18

The number of turnovers committed by quarterback Rex Grossman in eight starts with the Redskins.

Injury Updates

Regardless of who Mike Shanahan names as the Redskins' QB on Wednesday, that player will be protected by an injury-ridden offensive line. Left tackle Trent Williams, above, is out at least a few weeks with a high ankle sprain. The news is worse for left guard Kory Lichtensteiger, who is out for the year with torn ligaments in his right knee. Also, Chris Cooley's season might be over after the tight end broke his left index finger on Sunday. (AP)

"We know that you can't just give up on somebody because they had a bad outing."

— **REDSKINS WR SANTANA MOSS,** WHO ON MONDAY CALLED FOR REX GROSSMAN TO REMAIN THE TEAM'S STARTING QUARTERBACK.

In Brief

ANDREL JACKSON/DETROIT FREE PRESS/AP

Jim Schwartz is held back after a dustup with the 49ers' Jim Harbaugh Sunday.

PRO FOOTBALL

Lions Coach Discusses Altercation With League

Detroit's Jim Schwartz said that he's spoken with the NFL about his postgame altercation with San Francisco's Jim Harbaugh, and called it "unfortunate." The dustup between the two coaches overshadowed an exciting game Sunday between the Lions and 49ers. (AP)

PRO FOOTBALL

Lloyd Traded to Rams

Tim Tebow has lost his top target even before he makes his first start of the season. The Denver Broncos traded Pro Bowl receiver Brandon Lloyd, the league's leading receiver last year, to the St. Louis Rams on Monday for a conditional 2012 draft pick. (AP)

PRO FOOTBALL

Campbell to Have Surgery On Broken Collarbone

Oakland Raiders quarterback Jason Campbell will undergo surgery on his broken collarbone and says he could be back before the end of the season. Campbell said he will have the operation on Monday and that if everything goes right, he could be back in six weeks. (AP)

PRO FOOTBALL

Saints Coach Undergoes Procedure on Broken Leg

Sean Payton had surgery to repair a torn meniscus and fractured bone in his left leg on Monday morning, and the Saints' head coach is expected to remain in the hospital until Tuesday. Payton should be able to return to work by Wednesday but probably won't be able to put weight on his left leg for about eight weeks. (AP)

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Sports

Caps Set to Face Some Old Friends

Ex-teammates will be plentiful in game against the Panthers

The Capitals

When the Capitals face off against the Florida Panthers on Tuesday night, the players might feel as if they're in an alternate universe.

That's because the Panthers (2-1), who broke down their entire roster and rebuilt through free agency, feature three former Caps: goalie Jose Theodore, left wing Tomas Fleischmann and right wing Matt Bradley.

The game will be the first of six for which the trio will don Panthers red against their former team.

The reunion might give an advantage to the 4-4 Capitals.

"I know how dangerous [Fleischmann] can be and how hard [Bradley] can forecheck," Capitals defenseman Karl Alzner said. "We all know [Theodore] because we shot against him in practice, so it's nice to know those guys and their approach."

Bradley's return could be notable, given his recent criticism of the underachieving Alexander Semin and the atmosphere in the Capitals' locker room.

Capitals coach Bruce Boudreau downplayed any notion that his team might be fired up over Bradley's comments.

"I'm not focused on that at all," he said.

Tuesday's match also is something of a reunion for defender Dennis Wideman and goalie Tomas Vokoun, who both spent at least part of last season in Florida.

While the game might seem like a stage for a major statement from Vokoun, the Czech goalie said emotions won't be running high in the game.

"I spent some time there, but that's not the team I played for," Vokoun said. "It's a divisional game and, obviously, it's two points, but from coaches to players, there's not many people left from the team I played for." REED S. ALBERS

7 P.M.
Tuesday | CSN

Winning Ugly

Coming into Tuesday's game, Alex Ovechkin's team is poised to set a franchise record if it can win and start 5-0, but that's not enough for the Capitals' captain. After Saturday's 2-1 win over the Ottawa Senators, who are pegged as one of the league's weaker teams, Ovechkin is more interested in tightening up the team's play than in the "W" column. "We didn't play well, but we're still winning," he said. "We don't want to win every game like that." Ovechkin was also critical of his slow start to the season. Through four games, he has one goal — a redirection from a Mike Green shot — but leads the team with 15 shots on net. R.A.

TV Lineup

CAPITALS (7 P.M., CSN) Can Alex Ovechkin snap his slump when the Caps host the Florida Panthers?
PRO HOCKEY (7:30 P.M., VERSUS) The Pittsburgh Penguins visit the Minnesota Wild.
SOCCER (2:30 P.M., CSN) Inter Milan visits Lille in the Champions League.
GOLF (4 P.M., TNT) The Grand Slam of Golf tees off in Bermuda.

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Sports

MICHAEL CONROY/AP

Mourners visit a tribute to Dan Wheldon at the Indianapolis Motor Speedway Monday.

Fatal IRL Wreck Raises New Safety Concerns

Auto Racing

Every race car driver heads onto the track understanding this race could be the last and hoping it won't be.

On Sunday, IndyCar drivers got a harsh reminder when the worst happened to one of their own.

Two-time Indianapolis 500 winner Dan Wheldon died when his car got caught up in a 15-car pileup, sailed over another vehicle and smashed into a catch fence at IndyCar's season-ending race at Las Vegas Motor Speedway.

"Things happen in this kind of racing," said Wade Cunningham, also caught up in the wreck. "It's so close. Not much room for error. I was near the front of what caused all this, so I'm not thrilled about it. At this point, whose fault it was is kind of immaterial."

Five-time defending NASCAR champion Jimmie Johnson placed the blame on the oval shape of the track and called on the IRL to stop racing on ovals.

He noted the extreme speeds IRL drivers achieve is even too fast by racing's standards. The drivers in Las Vegas were averaging 225 mph on the oval track Sunday, a rate that Johnson has said he never achieved — and one he never wants to.

Dan Wheldon, who came to the U.S. from England in 1999, won 16 times in his IRL career and was the series champ in 2005.

"I wouldn't run them on ovals. There's just no need to," Johnson said Monday during a test session at Charlotte Motor Speedway in North Carolina. "Those cars are fantastic for street circuits, for road courses. I hate, hate, hate that this tragedy took place. But, hopefully, they can learn from it and make those cars safer on ovals somehow."

Meanwhile, a makeshift memorial was flooded with visitors at the Indianapolis raceway. (AP)

Hearsay

"I lost, we lost, a good friend. He was such a good guy. He was a charmer."

— **INDYCAR STAR DARIO FRANCHITTI,** ON DAN WHELDON, WHO DIED IN A HUGE WRECK DURING AN IRL RACE ON SUNDAY. FRANCHITTI WAS IN TEARS AFTER HEARING THE NEWS.

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You're needed for **RESEARCH STUDIES** if you:

- Use cocaine
- Are 18–50 years old

IT'S CONFIDENTIAL

These studies may help us figure out how cocaine affects the body, the brain, and behavior.

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- Studies take place in east Baltimore

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NIDA NATIONAL INSTITUTE ON DRUG ABUSE www.ResearchStudies.DrugAbuse.gov

WE NEED YOU

Did something terrible happen that you can't get out of your mind?

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- Are you jumpy, irritable or easily angered?
- Is it hard to trust or love other people?
- Have you lost interest in activities you once enjoyed?
- Have you started to drink too much alcohol?

People between the ages of 21 and 50 who have the above symptoms may qualify for a five week inpatient research study looking at the effects of a new drug for individuals with Post-Traumatic Stress Disorder and alcoholism. There is no cost for taking part and people will be compensated for their participation. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.cc.nih.gov

Se habla español Protocol # 09-AA-0136

NIH CLINICAL CENTER
National Institutes of Health

NIAAA
National Institute on Alcohol Abuse and Alcoholism

FINAL TWO GAMES

D.C. UNITED

vs. Portland Timbers
Wednesday, Oct. 19 at 8:00pm
Rescheduled from Aug. 27
All tickets bearing original date are valid

vs. Sporting Kansas City
Saturday, Oct. 22 at 7:30pm
Fan Appreciation night–First 5,000 fans receive a free team poster courtesy of Verizon FiOS & Sportskool

CHARLIE DAVIES
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2012 SEASON TICKETS NOW ON SALE!
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Guinea Pig | Helping Hands

This item was typed at 85 to 90 words per minute. Ten hours of this per day is a marathon for fingers, complete with cramps and numbness. So the arrival of Gaiam's Restore Hand Therapy Kit ($12, Amazon.com) was greeted with cautious applause. The box contains three gelatinous orbs of varying squishiness and instructions for eight moves, all permutations of rolling and squeezing. Glorified stress balls? Yes. But the exercises are a step above the standard clench and release.

On the Menu At Your Gym

Don't sweat dinner while working out

When Andrew Foote makes the time to go to Trident CrossFit in Alexandria for workouts, he doesn't have any time to make dinner. So he gets takeout — from Trident. The 35-year-old relies on Catalyst Meals, a program that lets exercisers pick up ready-made dishes at gyms across the region. "I haven't had a meal I didn't like," says Foote, who's lost 15 pounds in the four months he's used the service. Recognizing that nutrition is just as critical to a weight-loss plan as running and lifting weights, several local fitness centers are offering similar meal plans. Here's a look at three. CAITLIN YOSHIKO KANDIL

Fuel

ONLINE AT **FUELEDUP.COM**

Pricing **Set meal:** 3 meals/day (1,200 calories), $21; 3 meals/day (1,500 calories), $26
Customized: 2 meals/day, $26; 3 meals/day, $33

Meal Deal: Personal trainer Ken Stewart, who works at the Regency Sport & Health Club in McLean, Va., is a competitive bodybuilder, so he has to be extremely strict with his diet. The expert in calorie counting decided to make the math easier for his clients by starting up Fuel, a service that delivers dishes right to their doorsteps each day.

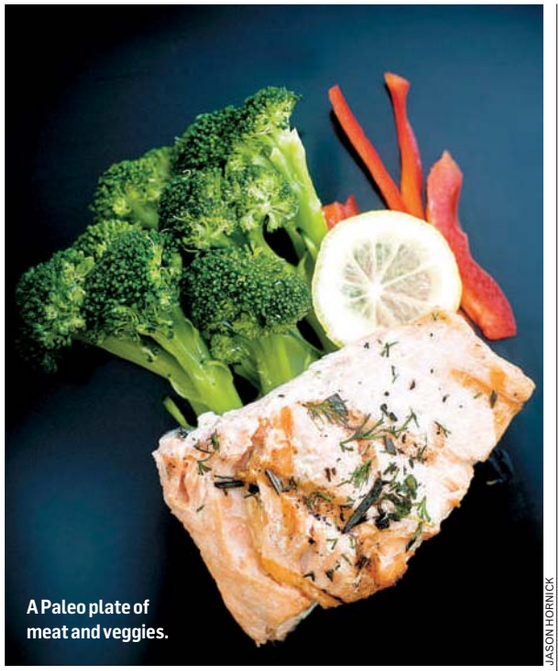
The set menu provides for a daily allowance of 1,200 calories for women and 1,500 for men, starting with a large breakfast and tapering to a small dinner. (That's because people take part in less physical activity at night, Stewart says.) Is your stomach still grumbling? Stewart also offers a customized plan so clients can tailor their own menu by dish, calories or nutrients.

COURTESY FUEL

Egg whites and fruit can Fuel your morning.

Who's It For: Fuel's for both athletes and regular folks who want breakfast, lunch and dinner, and the added convenience of home delivery. Fuel primarily serves NoVa, but D.C. residents can get delivery for a fee. (Or you can order the same dishes at the Regency Sport & Health Club cafe.)

Taste Test: For breakfast, the Spartan egg-white omelet with spinach, feta cheese and olives is filling but not heavy. A lite dressing on the Caesar salmon wrap upped the flavor (without the calories). And the tilapia, mango salsa, asparagus and bok choy dinner finished off a perfectly satisfying day.



A Paleo plate of meat and veggies.

JASON HORNICK

Catalyst Meals

ONLINE AT **CATALYST-MEALS.COM**

Pricing
3 days/week:
Lunch: $35
Dinner: $49
Both: $79
5 days/week:
Lunch: $55
Dinner: $69
Both: $119

Meal Deal: Catalyst specializes in the Paleolithic diet — "Paleo" for short — a regimen that approximates what our first ancestors ate. Advocates say the human body hasn't evolved to digest most modern foods, so they shun grains, sugar, dairy, legumes and salt in favor of meals consisting of a large serving of meat or fish with a side of vegetables.

The diet is "very nontraditional," admits Patrick Smith, who had wanted to hire a personal chef to prepare him meals and then realized it could be a bigger business targeting CrossFit gyms because of the growing interest in this style of eating among the CrossFit community. He was right. The meals can be picked up at 15 CrossFit gyms in the D.C. and Baltimore areas on Mondays and Thursdays.

Who's It For: Given the substantial restrictions of the Paleo diet, Catalyst is best suited to those who already practice — or are interested in — the diet. Catalyst surveys reveal that 80 percent to 90 percent of their customers follow a strict Paleo diet.

Taste Test: No butter. No salt. But not bad! Carrot chips made with just olive oil taste surprisingly sweet. A mustard tartar sauce dresses up a fillet of white fish. Catalyst has developed an astounding 200 menu options, including lemon chicken with roasted beet salad, and fajita beef sofrito with sautéed onions and peppers.

Meals On the Run

ONLINE AT **FITNESSONTHERUN.NET/MEALS-ON-THE-RUN**

Pricing **3 meals/week,** $85; **4 meals/week,** $110; **5 meals/week,** $135; **One-time container fee,** $25

Meal Deal: Watching clients struggle with their menu-planning convinced the owners of Fitness on the Run, a boutique exercise studio in Alexandria, that they needed to expand into the food business. So they partnered with a chef to figure out exactly what to design for clients. "It has to be easy, it has to be convenient, and it has to be nutritious — those are the three criteria we have," says co-owner Adrien Cotton.

And it's a breeze for anyone to pre-order and then grab these meals. The reusable, microwave-safe containers each hold one protein and one vegetable (carbs and snacks can be purchased a la carte for $12 to $15) and come with easy reheating instructions.

Who's It For: Customers range from 13 to 90 years old, but the majority are professional women looking for a quick dinner to eat at home.

Taste Test: Loads of garlic and herbs mean there's no sacrificing flavor in these dishes, whether it's filet mignon, grilled chicken or spicy lentils. One surprise hit on the menu: mashed cauliflower. It has the same texture as mashed potatoes — and might taste even better.

Rosemary gussies up grilled chicken.

BECAUSE YOUR GIFT BRINGS HOPE TO PEOPLE IN NEED.

Issue II

2011 Combined Federal Campaign
of the National Capital Area

Make your pledge today, go to
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COMPASSION
OF INDIVIDUALS
POWER
OF COMMUNITY

CFC®
Combined Federal Campaign
50th ANNIVERSARY

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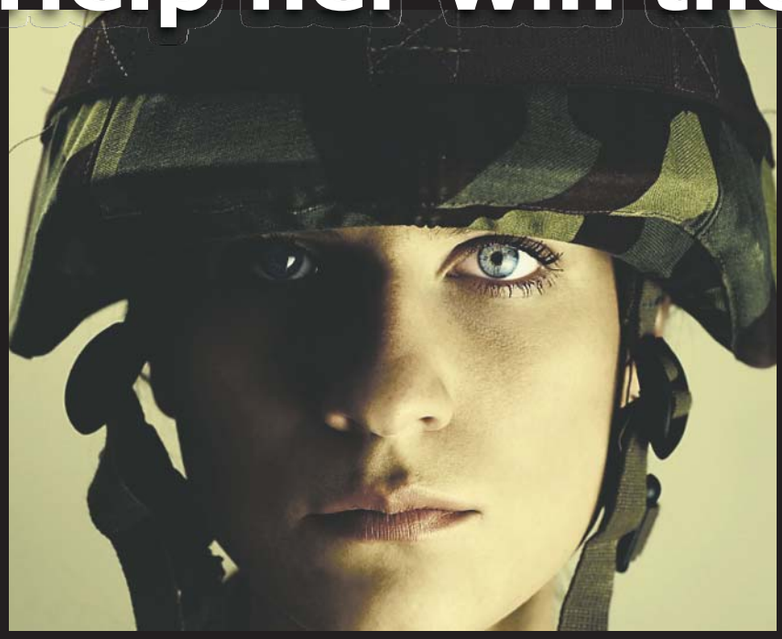
About this section: This advertising special section was prepared for the Advertising Custom Content department of *The Washington Post* in conjunction with the Combined Federal Campaign of the National Capital Area and did not involve *The Washington Post* news or editorial departments. For more information, please contact Marc H. Rosenberg, Senior Advertising Manager, at 202-334-7634 or Kathryn Whitener, Account Manager, Charity Organizations at 202-334-6171. The official website for the CFCNCA is www.cfcnca.org.

Help her win the fight of her life.



Thanks to Medical Research Charities' member organizations, we're making strides in breast cancer research and treatment.

Medical Research Charities' 28-member organizations seek cures, treatment and education for diseases ranging from asthma and breast cancer to diabetes and muscular dystrophy.

Learn more at www.medicalresearchcharities.org.

Please support us with your pledge.

MRC and its member charities are proud participants in the Combined Federal Campaign.

CFC #10899

MEDICAL RESEARCH CHARITIES

Lift Your Glass for the CFCNCA Lend a Hand Event

Federal employees are joining together three times this season for an event hosted by *GovLoop* and the *Washington City Paper* in support of the Combined Federal Campaign of the National Capital Area (CFCNCA). The Lend a Hand events give Federal employees the opportunity to network and meet face-to-face with some of the more than 4,000 charities participating in the CFCNCA.

For the first Lend a Hand Happy Hour of the season, more than 150 Federal employees met up at *Policy Restaurant and Lounge* on Wednesday, September 21. Employees spent time talking to representatives from more than 15 charities and mingling with one other. Attendees also joined together to create a jingle about a charity to be performed in front of the entire group. Groups sang, danced, chanted and provided lots of entertainment for the rest of the audience.

David Uejio, National Institutes of Health; Megan Price, GovLoop and John Lazar, CFCNCA.

Catalina Rivera, Jennifer Ramirez, CFC Chesty (mascot), Virginia Bustillo and Tara Walters from the Department of Defense.

Don't miss the last **Lend a Hand Happy Hour** on **Wednesday, Nov. 16.** More information and registration details are available at **www.cfcnca.org**.

Aid for Africa
CFC# 11069

Be part of the solution:
Aid for Africa
Supporting health, education, business & wildlife programs in Africa.

www.aidforafrica.org

There's A Place For You In The CFC.

As the leaves in our ENVIRONMENT begin to change and students resume their EDUCATION, another ritual of the season begins -- The Combined Federal Campaign.

This year, the STATE of our ECONOMY, our community, our nation, and our world finds many people really needing help from charities that provide HOUSING, DEVELOPMENT, HEALTH, HUMAN SERVICES and more. That's why the members of **AMERICA'S CHARITIES, CHILDREN FIRST, HEALTH FIRST** and **COMMUNITY FIRST** want you to come to the DEFENSE of the people in need -- especially during these tough economic times -- with your voluntary charitable contribution. As a Federal employee, you are dedicated to the public service mission of your home agency. The CFC is your time to extend that mission to help others even more.

Please take the ENERGY to open the Catalog of Caring and find one of our charities to support with gifts of your personal time, talent and TREASURY. We realize that every corner of COMMERCE wants you to TRADE your hard-earned BUDGET for their products and services. That's why we ask you to please review our charities and the LABOR they do 24/7/365 to help people throughout our HOMELAND. When you do, we know that you will want to become a CFC AMBASSADOR of charity with an important investment in delivering the social JUSTICE that current conditions demand.

If you have been a CFC supporter in the past, we thank you for TRADING a little of your SECURITY with your favorite charities. If you've never supported charities through CFC before, from the INTERIOR of our heart to yours, please make this year the year that you TRANSPORT yourself into the ranks of VETERAN contributors.

From A (Agriculture) to Z (National Zoo), there is a place for you in the CFC!

America's Charities®
Helping You Help Others

Children First℠
Health First℠
Community First™
Greater Washington DC

CFC #10224
www.charities.org

As Federal workers, we represent a powerful, caring community through the CFCNCA. We are dedicated to making a difference in local communities, across the nation and around the world.

HERE'S HOW YOU CAN MAKE A DIFFERENCE:

1. Explore
Watch videos and read inspirational stories about how people have been helped through the CFCNCA. Learn how your dollars make a difference.

2. Search
Browse the CFCNCA list of more than 4,000 pre-screened and approved charities. Choose the charities that mean the most to you.

3. Donate
Pledge via e-Giving. You can donate through payroll deduction, credit/debit card, electronic check, cash or bank check.

Taking Steps Toward a New Life

Oliver had a very hard life. He used drugs for a number of years and often found himself living on the streets. Oliver would try from time to time to put his life back together and get a job and stay off drugs. But more often than not, something would go wrong and he would start using again, lose his job and his place to live.

Oliver says that finally, one day, he "got sick and tired of being sick and tired." That's when his life began to change.

Oliver started to attend meetings with other people struggling with addictions. With the aid of these meetings Oliver stayed off drugs as well as found and kept a job. He accomplished all this with the help of a local, CFCNCA-supported non-profit in Washington, D.C., whose mission is finding solutions to poverty in the short term and long term. In the short term, with food and clothing programs.

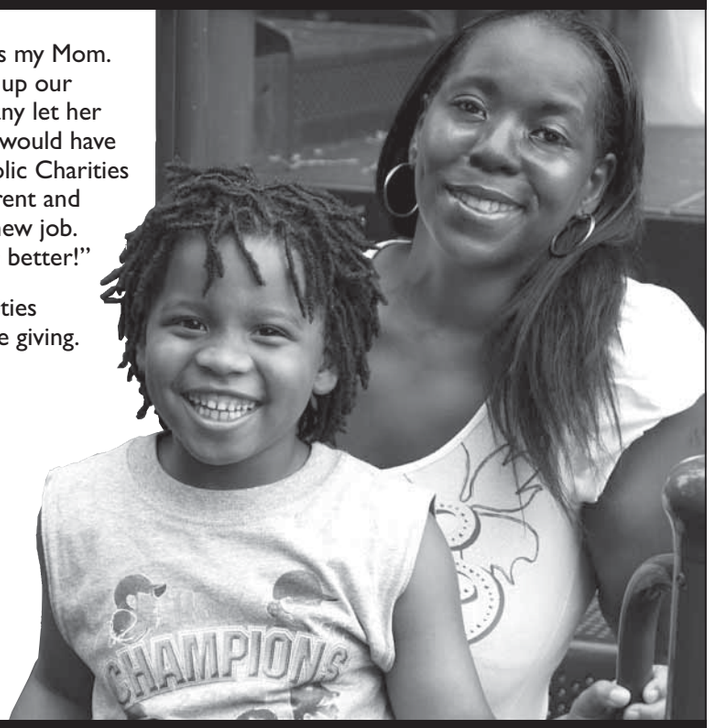
Through the help of this CFCNCA-funded organization, Oliver took the first steps toward a new life. Oliver credits all the assistance and services the organization provided with helping him get back on his feet and changing his life.

BECAUSE

When we needed help, Catholic Charities was there.

"Hi, I'm Dever, and this is my Mom. Last month, we packed up our home. Mommy's company let her go, and we thought we would have to move out. But Catholic Charities helped us catch up on rent and helped Mommy find a new job. Now we're doing much better!"

Support Catholic Charities through your workplace giving.



Catholic Charities
Archdiocese of Washington

(202) 772-4394
924 G Street, NW
Washington, DC 20001
www.CatholicCharitiesDC.org

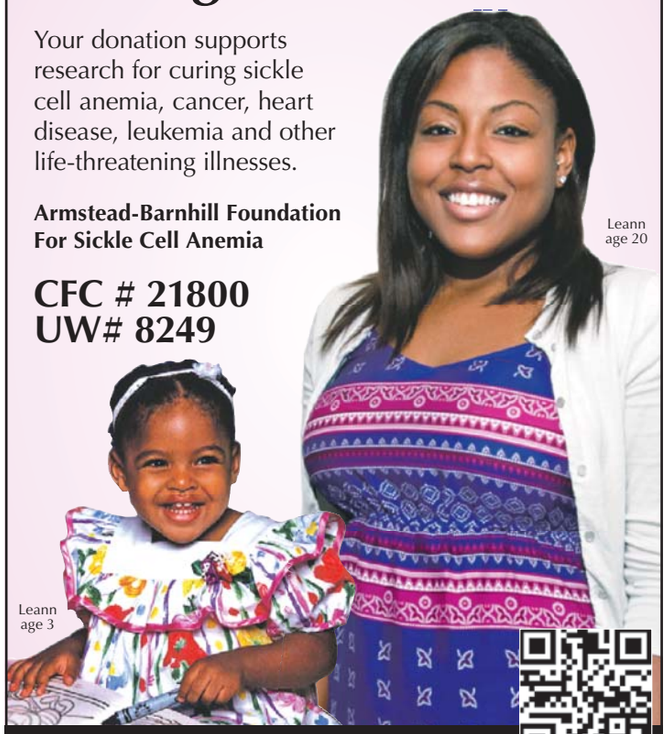
United Way #8054 Combined Federal Campaign #83997

Thriving Through Research

Your donation supports research for curing sickle cell anemia, cancer, heart disease, leukemia and other life-threatening illnesses.

Armstead-Barnhill Foundation For Sickle Cell Anemia

CFC # 21800
UW# 8249



301-858-9020 • curesicklecell.com

CFCNCA Events Around Town

The 2011 CFCNCA is in full swing and departments/agencies are celebrating the campaign and encouraging donations with themed parties, charity fairs and leadership.

Annece Perry, Patricia Williams, Victoria Heitman and William Lee rocked and rolled for the 1950's themed kickoff at the Environmental Protection Agency.

Charities shared their mission and message with Federal employees of the Library of Congress at their charity fair on Wednesday, October 12.

Keeping everyone "in-step" at the Department of the Interior kickoff, Andrea Israel performed freestyle hip-hop dance to energize the audience.

"We donate through the Combined Federal Campaign because Children's National was there for our son when he needed it the most."

- Courtney McNamara, *Washington, DC*

When Courtney and Sean McNamara's son Ian was born prematurely and in need of specialized surgery, Children's National provided the care that has enabled Ian to become the healthy boy that he is today. That's why Courtney and Sean choose to donate to Children's National through the CFC every year.

Help support Children's National Medical Center, so it can support children like Ian.

Children's National Medical Center®

CFC #65105 (Children's Hospital)

SUPPORT THE VOICE
of the Volunteer Fire Service.

Designate the National Volunteer Fire Council for your CFC contribution.

The NVFC provides the volunteer fire and emergency services with critical advocacy, resources, programs, information, and more. Help us support the nation's 1,000,000+ volunteer first responders so they can better serve you.

NATIONAL VOLUNTEER FIRE COUNCIL ORG. 1976

Supporting Those Who Serve

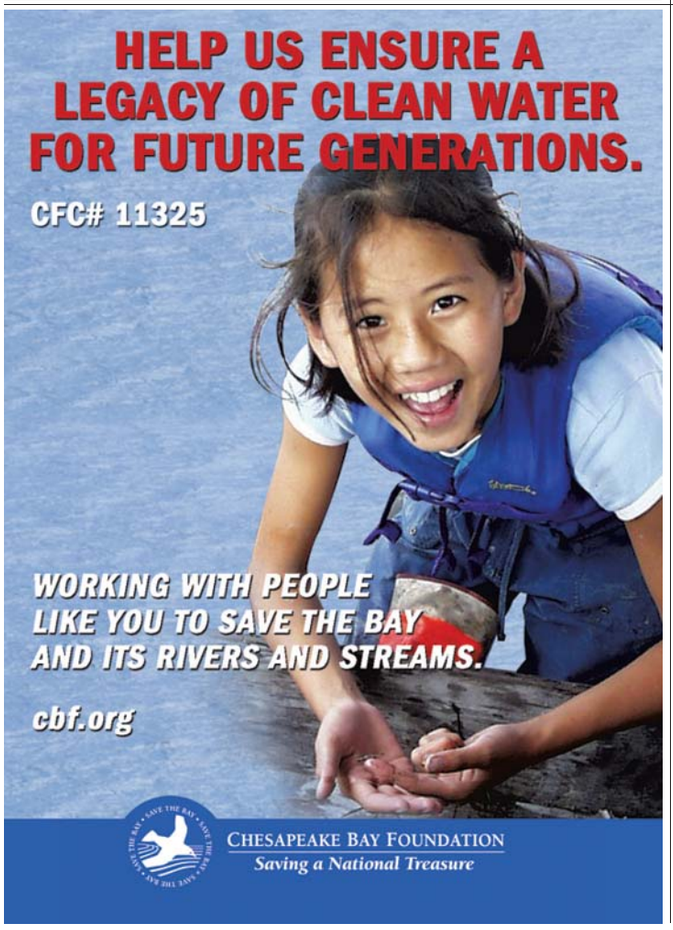
www.nvfc.org

10 Reasons to Give Today

The end of the 2011 CFCNCA season will be here before you know it. Don't wait another day to make your pledge. Here are some reasons to give.

Give...

1. Because improving environmental protection, education and research across the planet is greatly needed.
2. Because the CFCNCA's online tools save paper, time and money so that more resources go directly to the people and communities in need.
3. Because funds help provide young girls the opportunity to learn, read and write in a developing nation.
4. Because gifts made through payroll deduction provide a steady stream of income for selected charities.
5. Because local students who would not otherwise get a chance to participate in the arts may learn the joy of painting, performing and creating.
6. Because hot meals can be provided to people in need in the Washington area.
7. Because you can search through more than 4,000 charities online at **www.cfcnca.org** to find the ones that match your passion.
8. Because help will be needed for your neighbors when disaster strikes.
9. Because donations offer support, medical care and research for the 1 million Americans each year diagnosed with cancer—and to educate people everywhere about prevention.
10. **BECAUSE HOPE IS THE GREATEST GIFT OF ALL.**



Breast Cancer Survivor Continues to Lead the Way in the Fight for a Cure

Susan Sonley is a breast cancer survivor of 16 years. In March 2011, Susan received the diagnosis of a new, early-stage breast cancer. She remains incredibly optimistic about it. Susan believes that without the focus given by a CFCNCA-supported organization on early detection, as well as its support of research and treatment programs, her diagnosis this time could have been very different.

Susan's personal tag line is, "Until there is a cure for breast cancer, we have work to do." Susan certainly has been working hard. Since she began fundraising for her CFCNCA-supported charity in 1999, Susan helped to raise more than $620,000 to help find a cure. For 2011, she set her goal at $100,000.

You can help Susan and countless others in their fight against breast cancer by contributing to one of the many CFCNCA-funded charities dedicated to battling cancer.

Susan Sonley helped raise more than $620,000 to find a cure for breast cancer.

capital area foodbank

641,000 of our neighbors in the Washington metro area suffer from hunger. 1 in 5 are children.

United Way #8052 **CFC #30794**

The Capital Area Food Bank is the largest hunger relief organization serving Washington, DC, Suburban Maryland and Northern Virginia.

Your generosity allows us to support more than 700 community partners who also do hands-on work to end hunger.

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2010 Victory Against Hunger Award

capitalareafoodbank.org

A member of FEEDING AMERICA

'til no one is hungry

Give them a home away from home.

Your $50 can help provide 15 troops with a meal and a place to rest in our centers on the front lines.

CFC#11381

USO

Spouse of Wounded Veteran Receives Home Assistance, Prenatal Care and A New Career

Shot in the neck while serving in Iraq, Army Reservist Dwayne Cole suffers paralysis from the chest down. After his injury, Dwayne and his wife Shontel relocated from New York to a small apartment near a Richmond, VA, medical center so that Dwayne can receive care at a highly acclaimed Spinal Cord Injury Unit. At the time of Dwayne's injury, Shontel was pregnant with their first child.

Being far from friends and family, Shontel was anxious about having her first child. She and Dwayne worried about how she would get to the hospital if she went into labor at home and could not drive.

With the aid of a CFCNCA-funded organization, Dwayne and Shontel received the help of a local doula. She provided four weeks of pre-delivery care and was on call 24-7 to respond to any urgent situations. The doula accompanied the family to the delivery, and provided four weeks of postpartum care. The CFCNCA charity covered the cost of all her services, which proved to be a priceless contribution to the family's well being.

In addition, the CFCNCA-supported organization made inquiries into work-from-home jobs on behalf of Shontel. Through a non-profit that helps military spouses and war-wounded family members find careers to fit their needs, Shontel found a work-from-home job.

Dwayne and Shontel Cole with their baby, Ahjani.

Through the aid of an organization supported by the CFCNCA, things are much brighter for this incredibly positive couple. Today they have a healthy baby named Ahjani, and Shontel has a job that enables her to continue to care for her baby.

WHEN IT'S BUDGET CUTTING TIME THEY ALWAYS START WITH THE EASIEST TARGETS.

Call **1 (800) 233–1200** or visit **www.childrensdefense.org** to find out how you can help.

Children's Defense Fund®

CFC #11812

American Kidney Fund®

1 out of 4
U.S. **dialysis** patients turns to the **American Kidney Fund** for **financial assistance.**

101,000 patients
in need were able to keep their insurance, get nutrition, pay for prescription meds, and afford transportation to their treatments.

WITH YOUR HELP.
CFC # 11404

American Kidney Fund | www.kidneyfund.org

Make your 50th anniversary CFC pledge count.

Human Service Charities of America

People Helping People

Human Service Charities of America and its members exist to improve the quality of life and provide a voice for the disenfranchised and disadvantaged. Your donation helps build strong foundations within communities by providing vital services like medical care, hunger relief, shelter, education, and advocacy. As a donor, you can trust that HSCA and its charities are clear in their purpose and true to their mission.

CFC #10170
Human Service Charities of America
(800) 626-2729
www.hsca.org

Christian Service Charities

Following the Great Commission

Christian Service Charities represents leading ministries who are transforming the world by following the Great Commission.

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.
- Revelation 2:19

CFC #10171
Christian Service Charities
(888) 728-2762
www.christianservicecharities.org

Donating Online Makes Giving Even Easier

Donors can search online and choose from more than 4,000 charities using the searchable database or the printed 2011 Catalog of Caring. The online search tool allows you to sort and select charities by name, keyword, locations, administrative overhead rate, CFC code number or service category.

The CFCNCA offers two types of e-Giving options:

Paperless

Donate via personal credit/debit card or electronic check directly from a bank account and choose one-time or monthly gift. You do not need to print and submit this form to your Keyworker. Printing is an option if you would like a copy for your records.

- Employee Express (EEX). If you are an employee of one of the participating agencies, you can give through one the Employees Express websites.
- Paperless payroll. If your department or agency is integrated into CFCNCA's effective and easy paperless payroll option, choose paperless payroll. Print a copy of the completed Pledge Form for our records.

Online Printed

For payroll deduction or cash/check gifts.

- The signed copy and the audit copy must be printed by the donor and given to the Keyworker for the pledge to be processed.
- Donors print and keep the third copy as their receipt.

Don't forget to donate by December 15! Give today at www.cfcnca.org.

MILLIONS ARE ON THE BRINK OF STARVATION

Photos by Jake Lyell

The worst drought in 60 years is affecting 12.4 million people in the Horn of Africa. Already tens of thousands of people, mostly children, have died from starvation – and millions more lives are at stake.

Please help us help them.
www.ChildFund.org

Please Select ChildFund
CFC #11385

ChildFund International
Formerly named Christian Children's Fund

Every Child Matters
Making investments in children a national priority.

CFC #53117

www.everychildmatters.org

Every Child matters education fund
Washington D.C.

Why should I use e-Giving?

- Provides a fast, simple, secure and user-friendly process
- Increases environmental friendliness by limiting printed documents
- Reduces overall campaign processing costs
- Decreases agency time and costs associated with preparing paper pledges for processing
- Offers 24-7 availability

Types of Pledges

CASH, CHECK	CREDIT CARD, DEBIT CARD, E-CHECK	PAYROLL DEDUCTION
• e-Giving Printed Pledge • Tradtional Paper Pledge	• e-Giving Pledge	• e-Giving Printed Pledge • e-Giving Paperless Payroll Pledge* • Employee Express (EEX)* • Traditional Paper Pledge

*Not available within all agencies.

New this year — Paperless Payroll Tutorial
If your department or agency is integrated into the CFCNCA's effective and easy paperless payroll option you'll want to make sure to check out the tutorial at **www.cfcnca.org/donor_resources.**

CFCNCA 50th Anniversary PSA Contest

Do you have what it takes to make an awesome 50th Anniversary CFCNCA PSA? For the first time, the CFCNCA is holding a PSA contest for all Federal departments/agencies willing to make a video and submit it to be judged. Join in by submitting your own video highlighting the CFCNCA and the 50th Anniversary of the CFC. The PSAs of the finalists will be distributed throughout the campaign and will be shown at the CFCNCA Finale in March. For more details, go to **www.cfcnca.org/PSA_Contest.**

BECAUSE

Freedom Isn't Free

Help America's disabled veterans who've paid the price for our freedom. By supporting the DAV Charitable Service Trust, you stand up for our country's true heroes.

Disabled American Veterans (DAV)
Charitable Service Trust
www.cst.dav.org

CFC
#11322

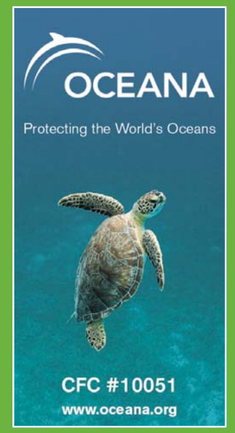
HOPE ALONE
CAN'T GET US TO THE CURE
YOU CAN

#48891 Write this number down to select The Lupus Research Institute for your CFC deduction.

CFC Combined Federal Campaign 50th ANNIVERSARY

Lupus Research Institute

NATIONAL PARKS CONSERVATION ASSOCIATION
www.npca.org



CFC #12072
Help WWF Protect the Future of Nature
worldwildlife.org

EarthShare®
CFC #10252

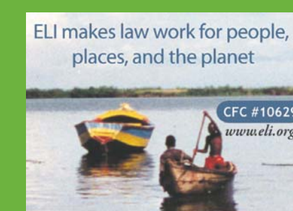
One environment.
One simple way to care for it.®

Your donation through EarthShare in your workplace's charitable giving campaign provides America's most respected environmental & conservation charities with the support they need to protect **public health** and our **air**, **land**, **water**, and **wildlife**. Please give to these and other EarthShare charities listed in your campaign.

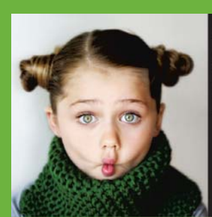
Learn more: **Visit EarthShare.org/CFC.html**

CFC® Combined Federal Campaign — Approved Charity

National Fish and Wildlife Foundation
CFC #10267
www.nfwf.org
NATIONAL FISH AND WILDLIFE FOUNDATION
Protecting and restoring our nation's wildlife and habitats.



ENVIRONMENTAL LAW • INSTITUTE®



A HEALTHY PLANET.
A WORLD WITHOUT INJUSTICE.
TOGETHER WE CAN MAKE IT HAPPEN.
GreenAmerica.org
Green America
CFC #10059

EarthShare is...

African Wildlife Foundation	11219
Alaska Conservation Foundation	12062
Amazon Conservation Team	10410
American Farmland Trust	10631
American Forests	10632
American Rivers	12063
Arbor Day Foundation	11443
Bat Conservation International	12064
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Center for Health, Environment and Justice	10633
Clean Water Fund	10636
The Conservation Fund	10630
Conservation International	11430
Defenders of Wildlife	10624
Earth Day Network	10625
Earth Island Institute	12065
EARTH University Foundation	85775
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EcoLogic Development Fund	11432
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The Nature Conservancy	10643
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Oceana	10051
The Peregrine Fund	10639
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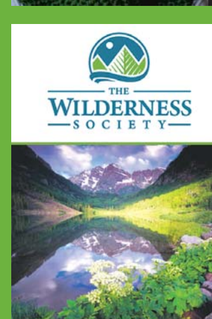
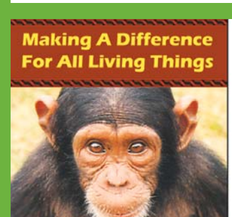
Restore America's Estuaries	12070
River Network	10407
Rocky Mountain Institute	11438
Scenic America	11439
The Sierra Club Foundation	12071
The Student Conservation Association	11343
Surfrider Foundation	10642
Sustainable Harvest International	11000
The Trust for Public Land	11440
Union of Concerned Scientists	10637
The WILD Foundation	10406
The Wilderness Society	10638
Wildlife Conservation Society	10898
World Resources Institute	96456
World Wildlife Fund	12072
Xerces Society	18360

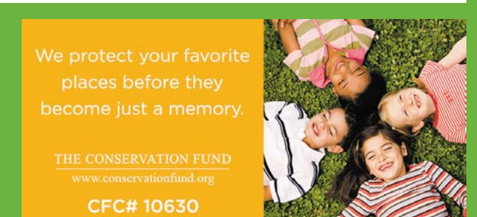


THE WILDERNESS SOCIETY
Saving America's wild places for future generations.
CFC #10638
www.wilderness.org

Start a Sea Change
CFC # 11436
www.oceanconservancy.org



the Jane Goodall Institute
www.janegoodall.org
CFC# 11103



A better environment...it's all in a day's work!

www.EarthShare.org

GIVE SOME GOOD

CFC # 56066

PROMOTING ECONOMIC GROWTH AND A SUSTAINABLE FUTURE IN COMMUNITIES WORLDWIDE

VEGA mobilizes member-directed, non-profits economic growth to deliver and implement programs through volunteers who provide training to entrepreneurs and farming communities in developing countries. To learn more, visit us at www.vegaalliance.org.

VEGA
Volunteers for Economic Growth Alliance

SUPPORT VOLUNTEERS IN GLOBAL ECONOMIC DEVELOPMENT PROGRAMS
CFC#56066

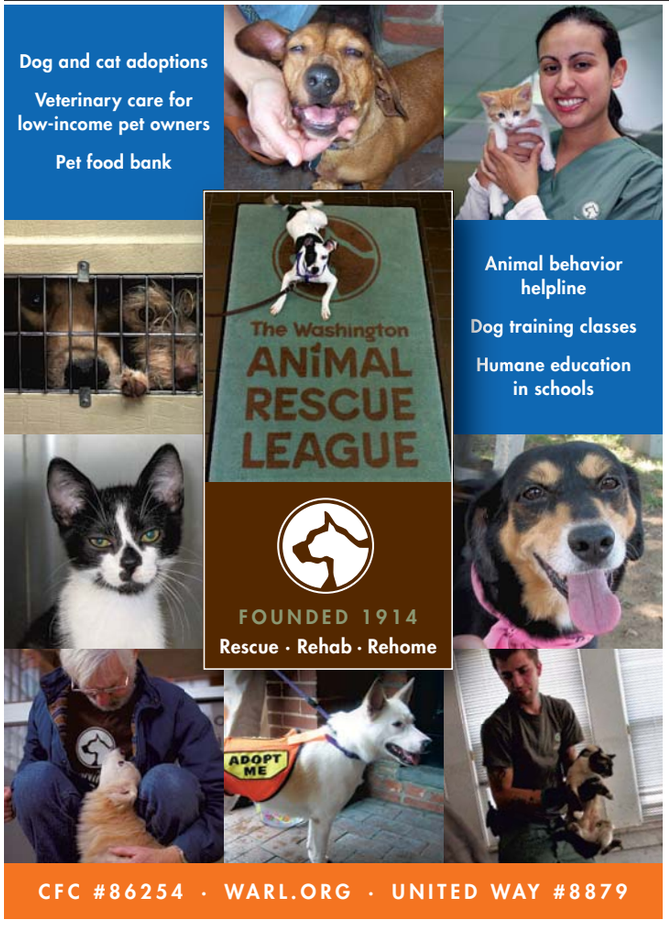
The Department of Defense Commences 2011 Campaign

Campaign leaders stand behind the 2011 DoD goal of $14.2 million.

Former Deputy Defense Secretary William J. Lynn III led the charge this month as the Department of Defense (DoD) commenced its 2011 campaign season. Attendees were encouraged to truly "make history" during the campaign's historical 50th year.

In his address delivered to CFC leaders at the Pentagon, former Deputy Defense Secretary Lynn said, "The department has a history of being out in front, of leading the pack for the Federal government, and I'm confident this year will be no different."

Last year, civilians and uniformed personnel within the DoD averaged a giving record of $489 each and raised a total of $17.2 million.



Every day, Yerrama puts her life at risk… for a sip of water that could kill.

You can change that. **Find out how.**

Watch Yerrama's story at operationblessing.org/CFC

CFC #10530

OPERATION BLESSING INTERNATIONAL

Orphan Care | Clean Water | Disaster Relief | Medical Aid | Hunger Relief

ARTWORK BY EMILY CARROLL

UNITED WAY

EVERY PAYDAY, UNLEASH THE HERO WITHIN.

The greatest help for the Washington community comes from everyday heroes. So come to the rescue of those in need. Please give to United Way of the National Capital Area via CFC code 31408, or donate directly to one of its member charities. Amazing things happen when we stand United.

United Way

United Way
of the National Capital Area

CFC CODE 31408

WWW.UNITEDWAYNCA.ORG/CFC

CFC Combined Federal Campaign 50th ANNIVERSARY

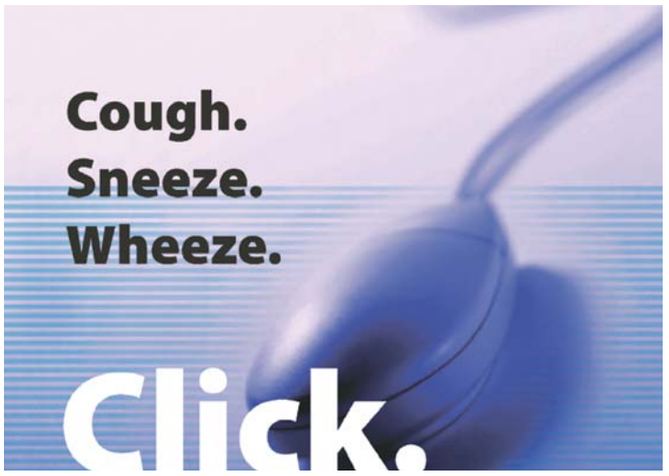
These are just a few of over 700 charities supported by United Way of the National Capital Area.

TheTrainingSource,Inc. "The Source for Your Training & Development Needs"

CENTRAL UNION MISSION

My Sister's Place

VIRGINIA REGIONAL TRANSIT



For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit **www.aafa.org** today to get free information about research, prevention and treatment .

Asthma and Allergy Foundation of America®

CFC #10583

for life without limits™

Campaign Appreciation

The CFCNCA gratefully acknowledges all contributors to the campaign.

Donors, volunteers and departments/ agencies that have made extraordinary contributions are acknowledged further with specific recognition and awards.

The following list describes the available CFCNCA recognition and awards and their criteria.

DEPARTMENT/AGENCY RECOGNITION

President's Award: 75 percent employee participation or $275 per capita gift.

Chairman's Award: 67 percent employee participation or $225 per capita gift.

Honor Award: 60 percent employee participation or $175 per capita gift.

Merit Award: 50 percent employee participation or $125 per capita gift.

Million Dollar Circle Award: CFCNCA reporting units or independent agencies that generate more than $1 million in donations.

Summit Award: CFCNCA reporting units or independent agencies that achieve a 3-percent increase in giving over the previous year's campaign.

Participation Achievement Award: CFCNCA reporting units or independent agencies that achieve a 2-percent increase in participation over the previous year's campaign.

e–Giving Award: CFCNCA reporting units or independent agencies that increase by 10 percent in paperless pledge donations between 2010 and 2011 campaign years – with a minimum of ten paperless payroll donations.

Since 1982, Manna has been serving low and moderate-income families, by developing over 1,000 units of affordable homeownership housing and providing financial literacy and homeownership training. In 2003 Manna created Manna Mortgage, the District's only non-profit mortgage company providing safe, secure loans for lower-income buyers, and responsible refinance loans.

Please support Manna, Inc. through the CFC (#80363)

For more info on Manna and our programs please visit **www.mannadc.org**

Manna, Inc. 828 Evarts Street, NE Washington, DC 20018 202-832-1845

express

A publication of The Washington Post

Express CFC Quick Facts:

Did You Know…

* 31.1% of ALL Express readers work for the Federal Government or Military;
* In the past 12 months, 81.8% of all Express readers made a charitable contribution;
* Of those Express readers who made charitable contributions:
  * 19.5% contributed to social care or welfare charities
  * 14.2% contributed to healthcare or medical charities
  * 12.9% contributed to environmental charities
  * 16.1% contributed to arts or cultural charities
  * And 9.8% contributed to political charities;
* Express reaches more than 324,000 readers every weekday and distributes more than 181,000 papers daily through 1,900 points including Metro stations and free boxes throughout the DC region.
* Express readership is measured by Scarborough and circulation is measured by CAC Audit, both third party research which is the best means by which to measure accuracy of claims.

Source: 2011 Scarborough, Rel 1 - DC Metro Market; and Sept 2010 CAC Audit.

SAMARITAN'S PURSE®

Helping in Jesus' Name

When Jesus was asked, "Who is my neighbor?" He answered with the story of the Good Samaritan, a man who went out of his way to show mercy to a stranger in need. At Samaritan's Purse, we're working to bring the hope of the Gospel to our neighbors at home in the U.S. and in more than 100 countries worldwide. We help victims of war, poverty, natural disaster, disease, and famine—all in the Name of Jesus. Join us by designating **CFC #10532** on your 2011 pledge card.

Samaritan's Purse® INTERNATIONAL RELIEF

P.O. Box 3000, Boone, NC 28607 • www.samaritanspurse.org
facebook.com/SamaritansPurse • twitter.com/SamaritansPurse

CFC #10532

VOLUNTEER RECOGNITION

Most Valuable Fundraiser: The CFCNCA vice chairs, campaign managers, campaign coordinators and other members of the CFCNCA team.

Special Service: Volunteers who have provided outstanding service to the campaign.

Appreciation Certificates: Each Keyworker.

Outstanding Payroll Deduction Giving: Attaining an exemplary level of support for the CFCNCA with 75 percent or more of contributors making payroll deduction gifts.

100 Percent of Goal: Any reporting unit meeting or exceeding its campaign goal.

DONOR RECOGNITION

Eagle Award Pins: Donors who give 1 percent of their salary as Eagle givers and 2 percent as Double Eagle givers. People giving at these levels receive a lapel pin.

DEMANDCURES™ TODAY.
THE GATEWAY FOR CANCER RESEARCH

Next Decade?
next year?
NO. NOW.

WE DON'T HAVE TIME TO WAIT
FOR A CURE FOR CANCER.

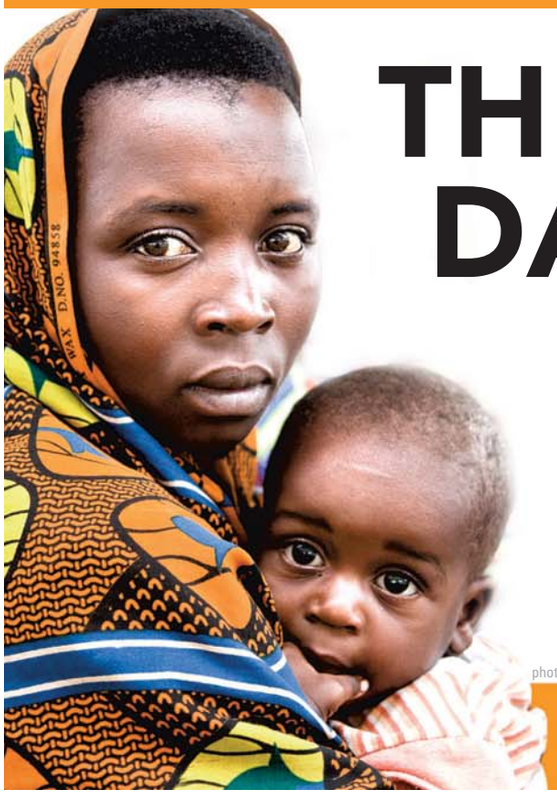
We can't wait for the next generation to cure cancer. Cancer studies funded by The Gateway for Cancer Research℠ are focused on finding breakthroughs NOW. We provide funding to leading treatment innovators℠ who aren't afraid to think BIG—because we're searching for new treatment options that can help cancer patients feel better, live longer, and be cured. TODAY.

99¢ OF EVERY DOLLAR RECEIVED FUNDS CUTTING-EDGE CANCER RESEARCH.

CFC# 11719
888.221.2873

Donate or get involved at
www.DemandCuresToday.org

ELIZABETH GLASER PEDIATRIC AIDS FOUNDATION



THE COST OF YOUR DAILY METRO RIDE

COULD HELP SAVE A CHILD'S LIFE.

CFC# 10394

YOUR DONATION MATTERS.

photo: James Pursey

WWW.PEDAIDS.ORG

BOYS WILL BE BOYS,
but who teaches them to be MEN?

When boys know they have people who support, encourage and believe in them, they don't have to wonder about their future.

Invest in Scouting

NCAC 1911 2011

Celebrating 100 Years as the National Capital Area Council, Boy Scouts of America

CFC #48974

United Way #8046

www.BoyScouts-NCAC.org
SupportScouting@Scouting.org

What Goes Around Comes Around...

Federal employee Michael Taylor and his wife had always donated to CFCNCA-supported charities, even before they had their first child.

Michael and his wife have been married for 19 years and have three children. In January of 2008 Michael's middle child, Julia, was diagnosed with congestive heart failure. Julia was hospitalized at a hospital receiving funds from the CFCNCA in Washington, D.C., where her cardiologist foresaw the need for a heart transplant.

Julia underwent a heart transplant on March 1, 2009, and by that fall she was able to return to school. She is once again a happy, healthy and active child. When asked about her future, Julia says she is considering a career as a pediatric nurse.

Julia and her family received much of their support through a CFCNCA-supported charity that funds hospitals as well as breakthrough pediatric research. Julia's parents also received help with attaining lodging near Julia's hospital from a CFCNCA-supported organization so that they were able to remain close to their daughter during her treatment.

Michael continues to give annually and generously to the campaign whose charities helped save his daughter's life.

Julia and her dad, Federal employee Michael Taylor.

Friends of Homeless Animals (FOHA) is a non-profit, no-kill shelter providing a safe haven for homeless dogs and cats until permanent, loving homes can be found. FOHA relies 100%on charitable contributions to help care for our residents while they await their forever homes.

Contact FOHA about our Humane Education Program.
Visit our upscale resale shop, The Treasure Hound at 14508-D Lee Rd., Chantilly.

FRIENDS OF HOMELESS ANIMALS

Adopt. Foster. Volunteer.

DONATE.

CFC#83554
United Way#9822
PO Box 415
Aldie, VA 20105

CFC Organizations:

If your ad were here, it could be seen today by tens of thousands of federal employees.

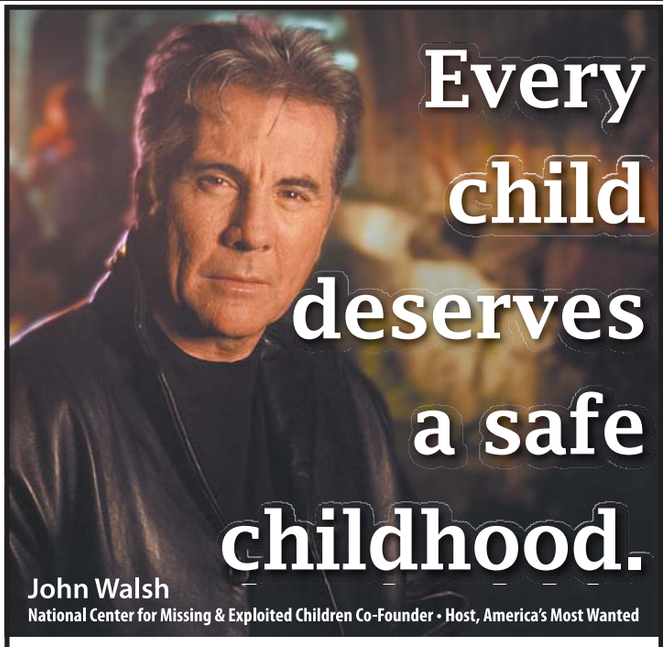
If your organization receives donations from Combined Federal Campaign donors, make your appeal in Express.

Every week, one-third of federal workers in the area ride Metro, the primary distribution point of Express. That means your lifeblood is riding, reading, and waiting to read your message right here before they make their CFC pledge.

Call Kathryn Whitener at 202-334-6171 or Jennifer Keegan at 202-334-7776 to place your message in Express.

express
A publication of The Washington Post

XX563 1x5.25



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

We're committed to making sure they get one.

CFC# 11822

Visit www.missingkids.com to learn more about how you can help keep kids safer.

Engaging and Inspiring Young Donors

The CFCNCA young donor strategy is guided by the Young Donor Advisory Council. The Council serves as an informal advisory group designed to create and discuss campaign strategies that specifically appeal to younger and first-time donors. Members of the council represent various government departments and agencies, which allows conversation among a diverse group sharing experiences they have had in their specific government environments.

"Young donors bring a fresh perspective and great energy to the campaign," said John Lazar, Executive Director of the CFCNCA. "I thank them for their participation and leadership."

Toya Joyner and Renée Moore, two members of the Young Donor Advisory Council who helped plan the Lend a Hand Happy Hours.

A special thanks to all of the members of the Young Donor Advisory Board:

Leo Barbour
U.S. Government Accountability Office

Laura Chase
U.S. Government Accountability Office

Daffne Gonzalez
U.S. Department of the Treasury

Will Herbig
National Capital Planning Commission

Alexandra Holliday
U.S. Department of Transportation

Toya Joyner
U.S. Department of Health and Human Services

Rama Latin
U.S. Navy

Camille Lewis
National Capital Planning Commission

Russell Maltempo
Federal Deposit Insurance Corporation

Renée Moore
U.S. Food and Drug Administration

Chrissy Morgan
Chemical Safety Board

Sarah Moulton
National Capital Planning Commission

Laura Paradise
U.S. Environmental Protection Agency

Ariel Pilsko
U.S. Department of Justice

Kathryn Richter
U.S. Government Accountability Office

Catalina Rivera
U.S. Marine Corps

Charles Ross, Jr.
U.S. Environmental Protection Agency

Michael Rucki
Pension Benefit Guaranty Corporation

Rachel Shaw
U.S. Department of Homeland Security

Sam Snead
U.S. Department of Transportation

April Tabor
Federal Trade Commission

David Uejio
National Institutes of Health

WETA TV 26/90.9 FM

99581

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For you, your family and the community.

WETA Television and Classical WETA 90.9 FM recognize viewers' and listeners' intelligence, curiosity and interest in the world around them.

PBS NewsHour • *A Capitol Fourth* • *Masterpiece Classic* • *Masterpiece Mystery!* • *Doc Martin* • *Dinosaur Train & WordWorld* on WETA Kids
Antiques Roadshow • The WETA Movie

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Front Row Washington Featuring Local Concerts

CFC Combined Federal Campaign of the National Capital Area

Individual contributors like you make great television and radio programs possible for everyone. Thank you for doing your part to support public broadcasting through CFC.

WETA • P.O. Box 96100, Washington, DC 20090-6100 *www.weta.org*

Photos: Doc Martin, courtesy ITV; Dinosaur Train, courtesy The Jim Henson Company; A Capitol Fourth, courtesy WETA.

VETERANS of FOREIGN WARS FOUNDATION

Our troops always step up when we need them.
Their sacrifices make a difference in your life.
Return the Favor and make a difference in theirs.

VFW FOUNDATION

FOR MORE INFORMATION VISIT:
www.vfwfoundation.org

CFC #10511

GIVE HOPE.

JOIN THE SALVATION ARMY IN GIVING HOPE TO THOSE IN NEED AROUND THE WORLD.

DESIGNATE CFC #12084

THE SALVATION ARMY

SAWSO The Salvation Army World Service Office

COMMUNITY HEALTH ECONOMIC STRENGTHENING DISASTER RELIEF ANTI-HUMAN TRAFFICKING EDUCATION

Become a sponsor and give a child hope.

Learn more at www.children.org

CHILDREN INTERNATIONAL

A Global Impact Member Charity
CFC Code 12078

Photo Credit: ChildFund/Ethiopia

Assuring Help for the World's Most Vulnerable People

By giving to Global Impact and its 58 U.S.-based international charities through your workplace giving campaign, you will make a real difference in the lives of individuals and communities in need.

Donate today through the CFCNCA!

GLOBAL IMPACT
CFC #10187
www.charity.org

ONE Woman Can Change Anything. Many Women Can Change EVERYTHING.

WOMEN for WOMEN.org

Give through the Combined Federal Campaign #11311

Photo Credit: ChildFund/Ethiopia

An ordinary act of kindness will make an extraordinary difference in the world.

By giving to Global Impact and its 58 U.S.-based international charities through your workplace giving campaign, you will make a real difference in the lives of individuals and communities in need.

From education and healthcare to disaster relief, we ensure that your donation goes to the international causes that matter most to you.

Donate today through the CFCNCA!

Member charities include:

CHILDREN INTERNATIONAL
CFC #12078

THE SALVATION ARMY
SAWSO The Salvation Army World Service Office
CFC #12084

PROJECT HOPE
CFC #11115

www.charity.org

GLOBAL IMPACT
CFC #10187

Sustainable development. Lasting promise.

Attacking the roots of poverty
Nurturing the seeds of self-reliance

lwr.org
800.597.5972

Lutheran World Relief

CFC# 11114

Somali Child Recovers From Malnutrition

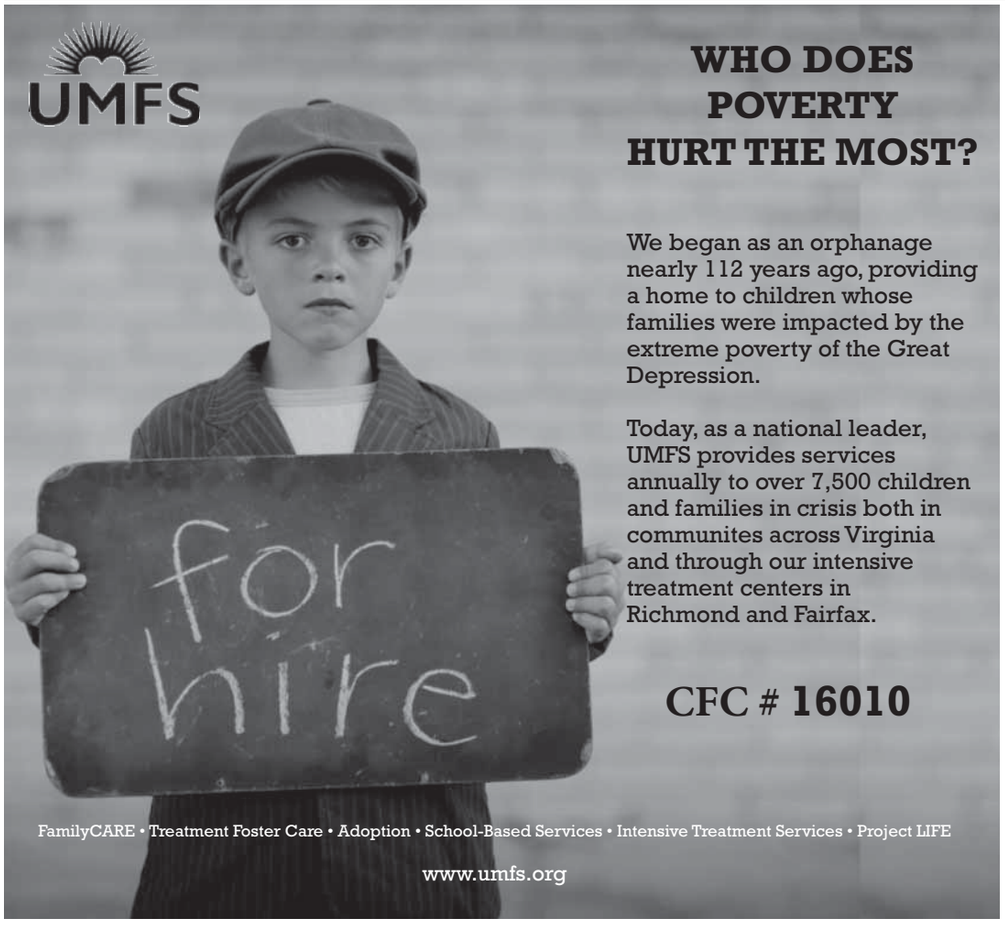
When his mother and father brought 2-year-old Yusuf to a CFCNCA-funded hospital in Marere, Somalia, he was little more than skin and bones and too weak even to breathe. Shepherds by trade, Yusuf's family was unable to provide their child food after their animals had all died due to a recent drought.

By the time Yusuf's parents reached the hospital they had given up hope. They believed their son had no chance of survival. Rushed to the intensive care unit, doctors resuscitated Yusuf for two hours, until finally he opened his eyes. Doctors fed him specialized milk and food through a tube and, after 24 hours, Yusuf could move his limbs. His parents' hopes were restored.

After one week, Yusuf no longer needed to be fed through a tube. Within ten days, his weight more than tripled. After three weeks in the hospital, Yusuf was again playing with other children. When his parents finally took him home, they were beyond happiness.

Thanks in part to funds the CFCNCA generates, this Somali hospital received the resources necessary to save Yusuf's life and restore him to his family.

More than 600,000 children are at great risk because of malnutrition in the Horn of Africa.



WHO DOES POVERTY HURT THE MOST?

We began as an orphanage nearly 112 years ago, providing a home to children whose families were impacted by the extreme poverty of the Great Depression.

Today, as a national leader, UMFS provides services annually to over 7,500 children and families in crisis both in communites across Virginia and through our intensive treatment centers in Richmond and Fairfax.

CFC # 16010

FamilyCARE • Treatment Foster Care • Adoption • School-Based Services • Intensive Treatment Services • Project LIFE

www.umfs.org

Blinded Veterans Helping Blinded Veterans for More Than 66 Years

IRAQ • WWII • VIETNAM

THREE GENERATIONS OF BLINDED VETERANS

★ ★ ★

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans. We are here to help veterans and their families meet the challenges of blindness. We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

BVA 800-669-7079 bva@bva.org

CFC 10513

BECAUSE I CAN DELIVER HOPE.

2011 Combined Federal Campaign
of the National Capital Area

Hope is the greatest gift of all.

COMPASSION OF INDIVIDUALS POWER OF COMMUNITY

CFC® Combined Federal Campaign 50th ANNIVERSARY

Make your pledge today, go to **www.cfcnca.org.**

baggagecheck

BENDEPENDENT.COM

First Comes Love. Then What?

Q My boyfriend and I have been together for eight years. We're talking about marriage and children, but I have mixed feelings about both. My mother was divorced three times, and my father divorced twice. And I've seen too many of my female friends give up their careers when children come along. My boyfriend is pushing for us to take this next step. But I think we have a good thing going and it's going to be ruined. UNSURE

First, you must decide together whether these issues can be decided piecemeal, or whether they're lumped together in a "Married With Children" bucket (just without Al Bundy).

You need to keep talking — and let him know the reaction he's evoking with his pressure. Speaking with your friends and family about their lives and choices can also help bring insight. Ultimately, it may come down to who feels more strongly, and who might be better able to live with the other person's preferences. (Although no one should have kids who isn't at least mostly on board or who doesn't possess a strong tolerance for having one's sweaters used as tissues.)

Find the Cure For Your Hubby

Q I'm going through a lot of health problems, and my husband has been nowhere near as supportive as I expected. There's the possibility of a serious diagnosis, but his attitude is, "We'll cross that bridge when we come to it" and that I "shouldn't worry about what I can't control." This attitude infuriates me. He's just going on with life as usual. I feel alone but can't seem to express to him what I need. LEFT ALONE

I can imagine that you feel very let down. But the impact of your health issues — and the fear of what they might bring — has no doubt affected your husband as well. Part of what comes across as apathy might actually be his attempt at avoiding anxiety and distress.

Granted, it's not the most functional of responses — although it beats running around and screaming. But to get what you need, you have to acknowledge that he's going through a tough time as well. Write him a note that discusses how alone you feel, without dwelling on what he has or hasn't done. Simply say you need more support but that you want to hear his feelings, too, and to feel like a team as you go through this.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

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Normally, biking or running along a highway is just about the worst idea a person can have. But this Sunday at 9 a.m., feel free to take to the asphalt for the ICC 10-mile Family Bike Ride and 5K Walk/Run ($25 for either, Iccrun.kintera.org) along the second stretch of the Intercounty Connector, which has yet to open to the public. Get there by heading north on New Hampshire Avenue — at the intersection with the ICC, police will direct traffic.

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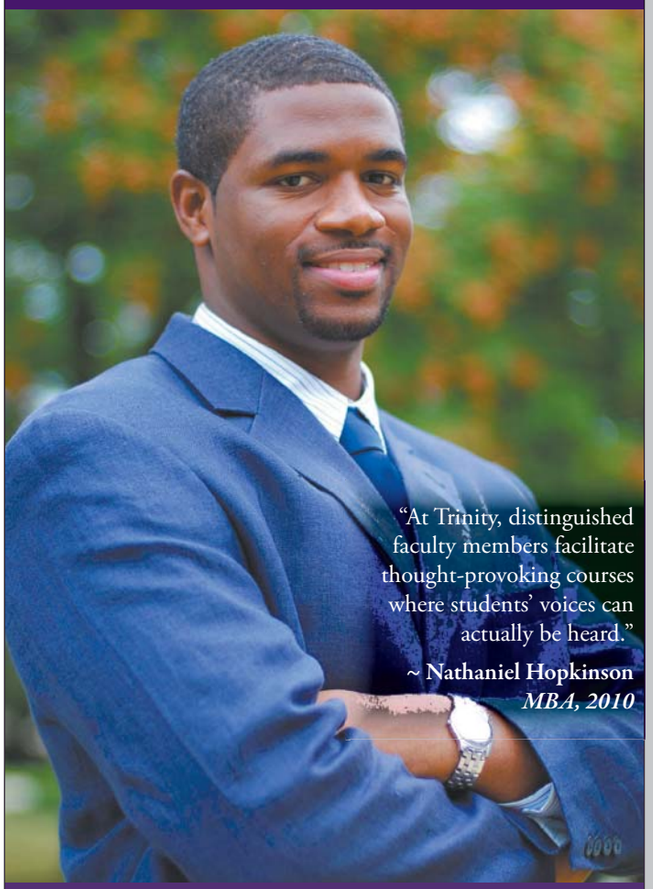

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fit phys ed

PHOTOS BY KEVIN DIETSCH

Blockbuster Body students might think the running drills (such as high knees, left) are the toughest part of class. But it might be even harder to balance on just one leg, right.

Marquee-Ready Muscle

How is an actor like Equinox's Blockbuster Body class? Both demonstrate range.

One of the most irritating aspects of the grocery store checkout line is the rack of magazines above the conveyor belt, with its barrage of covers featuring movie stars in tight or non-existent clothing. The sight could drive you to buy fistfuls of candy bars, or it could lead you directly to Equinox. The health club chain's newest class, Blockbuster Body, promises students a celebrity physique.

What It Is: For this action-adventure, you won't need a single prop — it's just you versus your body weight for an eclectic hour of drills. There are elements of parkour, martial arts and track practice, along with core killers and plenty of stretching. Although it's not clear whether famous people of any kind have ever done this workout, it's a safe bet that you haven't. Instructor Heather Tierney's never taught a group exercise class that changed it up as much as this one. "You do eight to 10 reps and then boom, you're on to something different," she says.

Work It Out

Moves: Get down on all fours for a series of animal crawls across the floor of the studio. There's a menagerie of options, including one in which everyone lines up and pretends to be cats making their way along a ledge, slinking as quickly as possible. Eventually, you'll stand up for skips, high knees and sprints. For the rest of class, you'll stay in place — but you'll keep moving. Expect a kickboxing segment and multiple varieties of push-ups. The finale is an abs segment with some unusual maneuvers, such as laying down on one side and lifting up your legs and head for a "banana hold."

Workout: You know how your heart starts racing during scary scenes in horror flicks? Expect a similar sensation after the crawls and sprints. And just like action stars who keep fighting despite being in pain from a gunshot wound, you'll probably be wincing a bit as you keep doing those push-ups. But there are multiple options for students, so you can always scale down the intensity.

Crowd: Women may have difficulty landing leading roles in Hollywood hits, but they are well represented in this classroom. At a recent class, there wasn't a single dude. But the ladies didn't have time to notice. "The hour goes so fast," said Marisa Cruz, 25, who wasn't the only student with a rave review. VICKY HALLETT (EXPRESS)

Details

Blockbuster Body is offered at Equinox Bethesda (4905 Elm St.) Tue. at 6:30 p.m. and Wed. at 8:30 a.m. It's at the Tysons Corner site (8065 Leesburg Pike, Vienna) Mon. at 9:30 a.m., Tue. at noon, Wed. at 8:30 a.m. and Sat. at 8 a.m. For details, go to Equinox.com.

Take Hold Of a Hot Bod

Make every minute count with kettlebell multi-muscle moves

The secret to shaving time off your workout without sacrificing results: doing dynamic combo exercises that target at least two muscle groups (think quads and biceps) in each rep.

While you can use a dumbbell for these moves, a kettlebell's weight isn't evenly distributed, so your muscles have to work harder to steady the bell with each lift or swing. Three or four times a week, do two sets of this circuit with an 8-to-10-pound kettlebell. Complete the prescribed reps of each exercise, moving from one to the next with little or no rest.

1 Swing With Leg Raise

Start in a half-squat, holding the kettlebell between your knees, arms straight and chest up. Swing the weight overhead, arms straight, and raise your right leg straight out to the side. Return to start and repeat with the left leg. That's one rep. Do 15.

2 Lateral Lunge With Biceps Curl

Hold the bell in your right hand, step to the left, and lower into a side lunge. Curl the weight up toward your left shoulder. Reverse the move to return to standing. That's one rep. Do 12 to 15, then repeat with the other arm and leg.

3 Squat to Rotational Press

Hold the bell at your chest and lower into a squat, chest up and back flat. As you stand, rotate your feet and torso to the left, pressing the weight over your left shoulder. Return to standing and repeat, rotating to the right side. That's one rep. Do 10.

4 Thread to Row

Start with the bell in your right hand. Lunge forward with your left leg and pass the bell under your leg to your left hand. Step back to standing, then row the weight up to chest level. Lower the weight. That's one rep. Repeat on the other side, and continue alternating for 20 total reps. KRISTEN DOLD (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

fit nutrition

Developing Just Desserts

Hemp gelato satisfies your sweet tooth, diet and social conscience

Give up ice cream? That wasn't a possibility for 45-year-old Asher Radkowsky, whose sweet tooth rebelled when he tried to quit cones for good. But the vegetarian was troubled by the treatment of commercial dairy cows, so he decided he had to concoct a frozen dessert that would be good for him — and the world. There was just one problem: The D.C. native was a psychologist with zero culinary training.

In the summer of 2007, Radkowsky bought an ice cream maker online and began experimenting. "I had a number of bad ideas at first," he admits. But a friend of his had a good one: hemp milk. Although he'd heard health foodies discuss hemp before, Radkowsky was dubious about whether it had any actual benefits. "I just thought they were potheads trying to sound legitimate," he says.

It turns out that hemp has just miniscule amounts of THC — not enough to get a buzz or fail a drug test. But hemp seeds are loaded with manganese, riboflavin, omega-3, protein and fiber. When these seeds are ground up in water, they produce a milk. To sweeten the mix, Radkowsky used low-glycemic agave syrup. He discovered the results were pretty dope.

For the next three years, Radkowsky spent all his spare time in his cramped U Street studio apartment kitchen tinkering with his recipes until he settled on four flavors: chocolate; chocolate raspberry; chocolate mint; and Gianduja, a chocolate-hazelnut combo. All are 190 calories per serving (except Gianduja, which has 220).

His "Zendulgence" pints ($7 each) finally hit freezers at the end of last year and are available at five area stores (see box). But Radkowsky has high hopes for expanding the treat's availability. NEVIN MARTELL

Where to Buy

Yes! Organic Market (2123 14th St. NW); **Takoma Park Silver Spring Co-op** (201 Ethan Allen Ave., Takoma Park, Md.; and 8309 Grubb Road, Silver Spring); **Roots Market** (5805 Clarksville Square Drive, Clarksville, Md.; and 16800 Georgia Ave., Olney, Md.)

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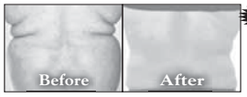

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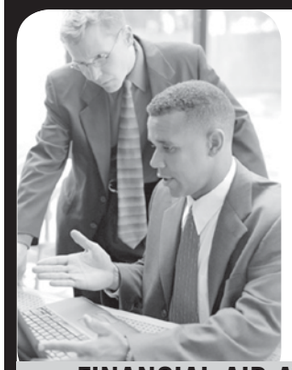

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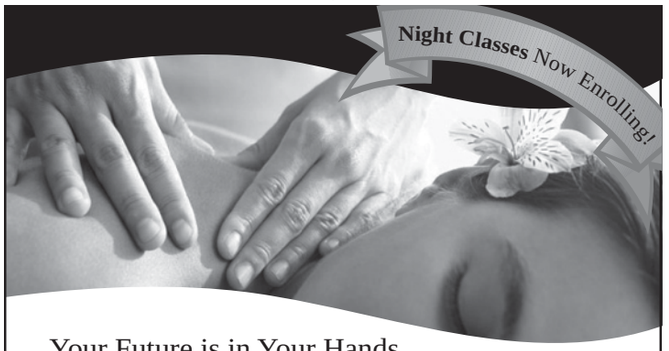

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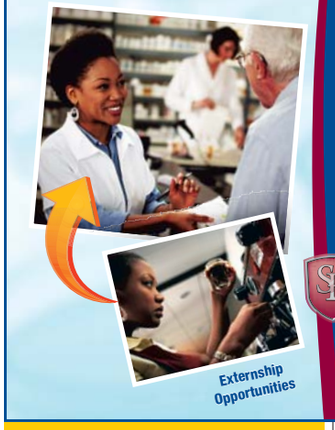

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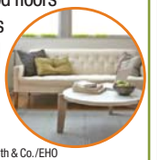

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The Law Fights Back
Actor Steven Seagal has a new job: helping guard Texas' border 39

Sound Bets

TRACY WOODWARD/TWP

Location, Location

As with Bjork's latest immersive multiplatform work, "Biophilia," D.C. beatmakers Bluebrain are making music with Apple in mind.

But where Bjork's album is made up of a series of iPhone/iPad apps that feature songs, Bluebrain bros Ryan and Hays Holladay, above, have curated a collection of sounds — melodies, harmonies, rhythms — that take on different GPS-affected shapes depending on where you are located with your iPhone or iPad 3G.

By Christopher Porter

Bluebrain released "The National Mall" — billing it as the first location-aware record — in the spring, and earlier this month unleashed "Central Park: Listen to the Light" in the iTunes store. (Both are free.) The albums are akin to choose-your-own-adventure stories but are told through sound and use your body as the conductor.

The projects take Brian Eno's ideas about generative music and wrest a degree of listener control back from the computer algorithms. It's a special experience worth ditching your Android over.

Also check out:

- Bluebrain's 2010 disc **"Soft Power"** and 2009's **"Cult Following"** on iTunes.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Occupy Wall Street inspires a new generation of protest singers to live in the moment

The night before the Oct. 6 start of the occupation of Freedom Plaza, the singer-songwriter duo Emma's Revolution stood before a packed protest-planning rally at Busboys and Poets, fiddling with chords, harmonies and a lyric sheet.

They were in town from Occupy Boston and were still getting the hang of a song they had been inspired to write on the road down: "Occupy D.C." "Who are we? Occupy D.C.," the chorus went.

The crowd loved it, but Pat Humphries and Sandy O weren't satisfied. Starting from scratch, they crafted new lyrics, a melody and the harmonies. The next evening, they carried their acoustic guitars to Freedom Plaza and performed "Occupy the U.S.A." for the first time: "Welcome to the U.S. occupation/ To win the hearts and minds/Defend all humankind/ Tell the banks and the corporations/ We're here to occupy the U.S.A."

The first singles on the soundtrack of the revolution are being written on the fly and downloaded as we speak. For now, what's interesting about this new movement music is the role it's playing in the organizing and how it identifies deeper streams that seem to link disparate cultures of rebellion in the U.S. and the rest of the world.

The Arab Spring; the pro-union demonstrations this year in Madison, Wis.; and the September execution of Troy Davis in Georgia are among the themes that have inspired multiple songs by varied artists of late. "The Arab Spring really accelerated everything," Sandy O says.

Occupy's Music

David Rovics, shown, framed his "Occupy Wall Street" song as an answer to critics who keep asking, "Why occupy Wall Street?" Here's a sample of the lyrics:

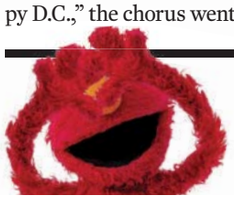
Because this is where they buy the politicians/Because this is where power has its seat/Because 99 percent of us are suffering/At the mercy of the madmen on this street

The Mount Rainier, Md.-based Emma's Revolution wrote "Occupy the U.S.A." as "a rally song to reflect back to the people that we as activist musicians are with them," Sandy O says. "It's really about them."

David Rovics had a different purpose in mind with his fresh tune "Occupy Wall Street."

Rovics, based in Portland, Ore., also performed on Freedom Plaza, but his Wall Street jeremiad wasn't ready. He finished it last week, and that night in a hotel room in Orlando, Fla., he sang it into the camera of his iPhone, then uploaded it to YouTube. Now he's on tour, playing it at every occupation he can get to.

"2011 is a world historic year, right up there with 1848, 1917 and 1968, the way the movement is spreading from one country to another," Rovics says. "It's nice to write songs about things that are really happening." DAVID MONTGOMERY (THE WASHINGTON POST)



Brought to You by the Letter 'X': The YouTube channel for "Sesame Street" went back online Monday after hackers forced its shutdown Sunday by loading it with X-rated material. The channel usually carries new and vintage clips from the popular preschool program. According to an executive producer for the show, the X-rated videos were online for less than an hour, and "Sesame Street" received no complaints from viewers. (AP)

express health directory

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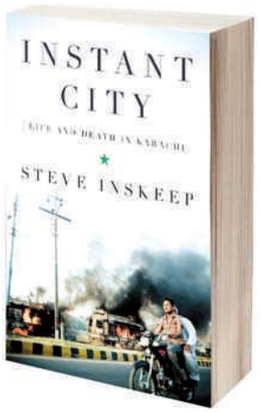
1 She's Got a Right To Sing the Blues

For Cyndi Lauper, whose punky pop songs forced everyone to first confront and then dismiss as condescending the idea that girls just wanna have fun, an attempt to be a blues diva seems like an odd move. But that's exactly what she's doing on her "From Memphis to Mardi Gras" tour (with New Orleans bluesman Dr. John): trying her hand at wailing out blues classics. Which genre will she do next? We hope grunge rock. ***9:30 Club, 815 V St. NW; 7 p.m., $45; 202-265-0930, 930.com. (U St.-Cardozo)***



2 City Saga

Can you believe "Morning Edition" host Steve Inskeep has never written a book before? And that his first would not be an account of his years at NPR? In "Instant City," Inskeep focuses on the massive population growth Karachi, Pakistan, has experienced over the past few decades (which he witnessed during numerous trips to the region) and what it means for the future of cities around the world. ***Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)***

3 Rule of Three

Jazz trio Pilc Moutin Hoenig (named for pianist Jean-Michel Pilc, bassist Francois Moutin and drummer Ari Hoenig) was once a showcase for Pilc's talents but has in recent years become a more balanced tripod. The French-American ensemble, which covers jazz standards with aplomb and whimsy, will fete the release of their new album, "Threedom," tonight. ***Blues Alley, 1073 Wisconsin Ave. NW (rear); 8 p.m. and 10 p.m., $25; 202-337-4141, Bluesalley.com.***

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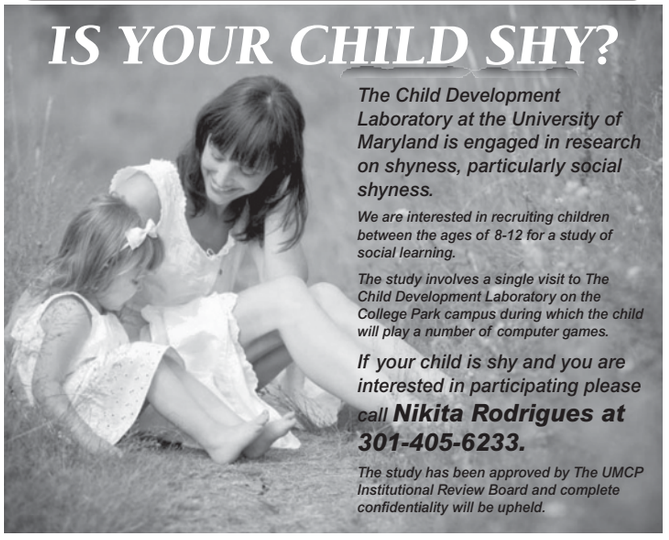

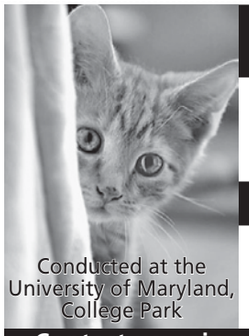

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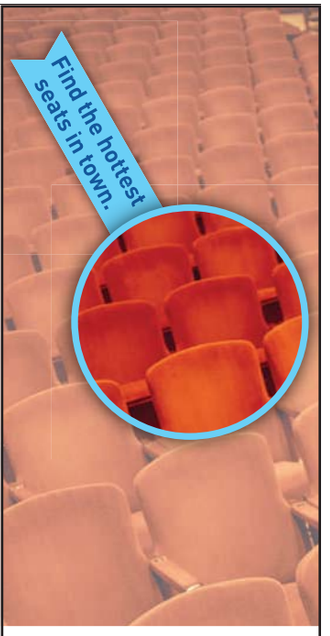
AD BONE MARROW 03/07



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TV tonight lookout

Best Bets

CW 8:00

90210 "American Idol" alumna Kellie Pickler, left, guest-stars as Sally, a visiting friend of Austin's who gives Naomi (AnnaLynne McCord, center, with Josh Zuckerman) a run for her money in a talent show to raise funds for Raj's cancer treatment. Elsewhere, Liam is offered a modeling gig.

ESPN 8:00

Charismatic This documentary looks at Charismatic, the horse who unexpectedly came seconds away from capturing the Triple Crown at the 1999 Belmont Stakes — until tragedy struck.

NBC 10:00

Parenthood Adam and Crosby attempt to win Cee Lo Green, right, as a client. Kristina resumes trying to do it all, wearing herself out. Julia and Joel have second thoughts about the adoption plan, thanks to Zeek. (TRIBUNE MEDIA)

ABC

MAN UP!

The Fall of Machismo

ABC 8:30

Mather Zickel, left, plays a less-funny version of "Modern Family's" Phil Dunphy in the latest tepid entry into the suburban battle of the sexes. For reasons not entirely clear, his wife (Teri Polo, right) uses every opportunity to verbally emasculate him. "Your father fought in Vietnam," she says. "But you play video games and use pomegranate body wash." There's no zing in jokes like that. HANK STUEVER (THE WASHINGTON POST)

Babies

Special Delivery

When Rachel, shown, goes into labor early on "The Rachel Zoe Project" (9 p.m., Bravo), Marisa and Kendall rush out to get baby gear, and Marisa calls on a former employee of Rachel's to help finish the nursery. Joey flies to New York to dress actress Molly Sims, hoping he'll make it back in time for the baby's arrival. (TM)

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lookout online

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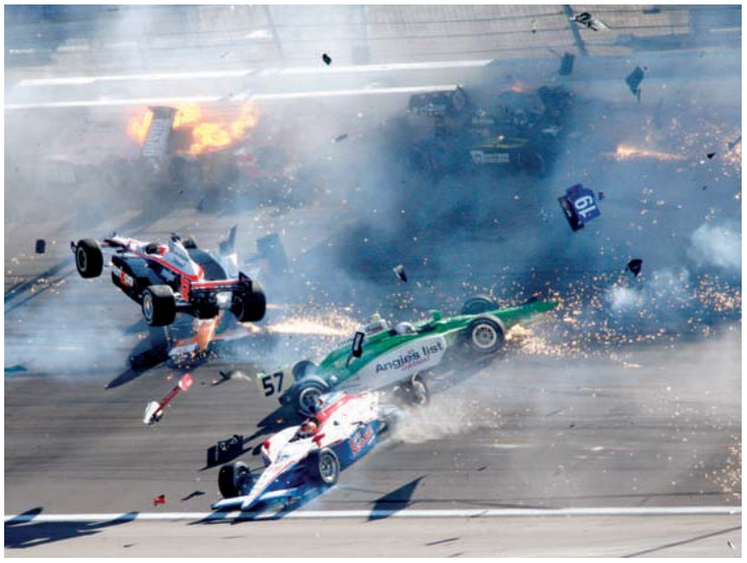

"'Arkham City' feels like a Nintendo game in the sense that you can't tell whether the environment, characters or individual mechanics came first — all seem to have evolved in an intriguing harmony."

—**EUROGAMER.NET** reviews "Batman: Arkham City," a video game developed by Rocksteady Studios and set for release Tuesday.

"I know there were likely thousands of other great husbands/fathers/people who died [Sunday], and many didn't voluntarily partake in a job that has this much risk, but ... I can't help but shed a tear. Or a lot of them. I know it's part of the risk of the sport, but like I said, it never gets any easier seeing someone's life come to an end like that."

—**YOSTBUILT.COM** was moved by the death of Indy Car racer Dan Wheldon in Las Vegas.

"I congratulate mtvU and Gallaudet for working together to educate the public about the deaf. I expect this production will be helpful in breaking down barriers, promoting understanding and promoting a more tolerant society."

—**A COMMENTER AT THECHOICE.BLOGS.NYTIMES.COM** reacts to news that the MTV college-focused station is airing a reality show that will capture what life is like on the campus of the university in Northeast D.C.

"What is that highly trained squadron of commandos charged with tackling life's thorniest situations and defeating the scariest malefactors in our society, the Los Angeles SWAT team, up to now? Oh just getting robbed for a bunch of machine guns, by malefactors! I guess commando training doesn't include irony appreciation, which is quite an oversight!"

—**GAWKER.COM** makes light of the fact that more than 30 firearms — stored overnight at a building considered secure — were stolen from the Los Angeles police force over the weekend.

"By title alone, Beyonce's 'Love on Top' is deceptive. The song's tame as hell, as is the video, so save yourself a click if you're watching in hopes of softcore porn. What we do have here is maybe more choreography jacks by the pop queen."

—**SMOKINGSECTION.UPROXX.COM** thinks that Beyonce's new video borrows dance moves a little too liberally from New Edition's video for its 1988 song "If It Isn't Love."

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Security + Exam Prep
Dec 12-17, 2011 : Chambersburg, PA
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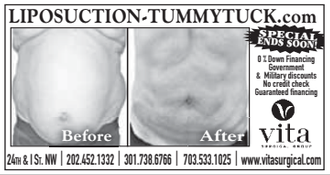

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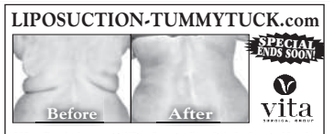

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Protocol: 03-M-0185

National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
www.clinicaltrials.gov
NIMH National Institute of Mental Health

puzzles lookout

Horoscope

LIBRA (Sept. 23-Oct. 22) The time has come for you to attempt the impossible — though you know full well that if you can dream it, you can do it.

SCORPIO (Oct. 23-Nov. 21) You may have temporary trouble dealing with someone who is not local — in part because of the time difference. It can be overcome.

SAGITTARIUS (Nov. 22-Dec. 21) You may be inspired by what a neighbor is doing. Very soon, you'll have things running very much the way you want them to run.

CAPRICORN (Dec. 22-Jan. 19) You'll want to be sure to restore things to the way they were after you have had your way with them. Be courteous to others.

AQUARIUS (Jan. 20-Feb. 18) You will want to schedule your day rather strictly in order to accommodate all those who are expecting something from you.

PISCES (Feb. 19-March 20) You and a loved one may differ wildly in the way you want things to unfold over the next few days. It all depends on what happens right now.

ARIES (March 21-April 19) Routine endeavors may take much longer than usual today — but this is no reason to avoid doing them. You must keep your promises to yourself.

TAURUS (April 20-May 20) You'll be pleased to learn that others are willing and able to come to your aid very soon. This one fact is likely to restore your confidence.

GEMINI (May 21-June 20) You may require help today to do something that is likely to be quite easy for you. Watch and listen and you'll learn the essentials.

CANCER (June 21-July 22) Your perspective is likely to be quite different from the official version of what is going on.

LEO (July 23-Aug. 22) You must be sure to communicate clearly and efficiently, or something is sure to be missed. Don't assume the obvious is obvious.

VIRGO (Aug. 23-Sept. 22) Care taken in and around the home will benefit you and all those who spend time with you.

PostPoints DAILY CODE A M

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 222

								RACK 1
A1	E1	I1	O1	H4	B3	P3		
								RACK 2
A1	A1	D2	H4	S1	W4	N1	Triple Word Score	
								RACK 3
E1	E1	I1	T1	T1	L1	N1		
								RACK 4
A1	A1	E1	U1	T1	R1	M3	3rd Letter Double	

Yesterday's Solution

W4	A1	Y4	L1	A1	I1	D2	RACK 1 =	64
D2	E1	B3	A1	S1	E1		RACK 2 =	12
O1	F4	F4	L1	I1	N1	E1	RACK 3 =	63
M3	A1	S1	S1	A1	G2	E1	RACK 4 =	80
PAR SCORE 150-160							TOTAL	219

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

4				9	2			
								2
		9	7	3	6	8		
		1			4			5
8								4
5			9			7		
		7	6	4	9	2		
3								
			8	7				9

Yesterday's Solution

2	4	8	5	1	6	3	9	7
9	3	7	8	4	2	1	6	5
1	5	6	9	7	3	8	2	4
4	9	1	2	8	5	6	7	3
3	8	5	6	9	7	4	1	2
7	6	2	4	3	1	9	5	8
8	2	4	7	6	9	5	3	1
6	7	3	1	5	4	2	8	9
5	1	9	3	2	8	7	4	6

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

74 | 59

Today: Times of sun and clouds today. Periods of rain, some heavy tonight.

71 | 51

Tomorrow: Rain tapering to showers tomorrow. A shower tomorrow night.

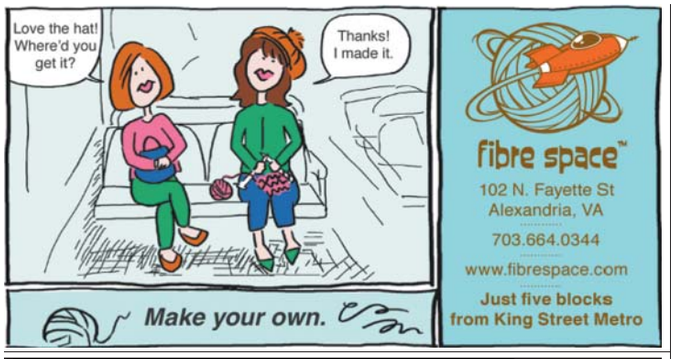
Looking Ahead

THU	FRI	SAT
65 | 48	60 | 46	63 | 45

Sun and Moon
Sunrise today: 7:20 a.m.
Sunset today: 6:26 p.m.
Moonrise today: 11:06 p.m.
Moonset today: 1:07 p.m.

Almanac
Normal high: 68
Record high: 86
Normal low: 50
Record low: 33

FORECAST BY ACCUWEATHER.COM ©2009



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Getting Ahead

The second Monday of each month in Express.

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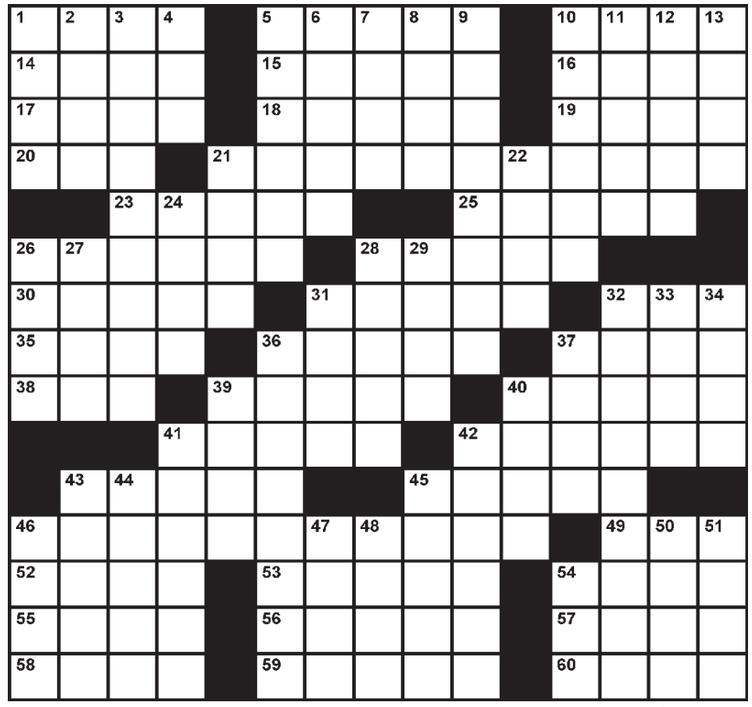
lookout puzzles

Crossword

SNAP TO IT!



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Longest possible sentence
5 Fungus-to-be
10 Bottoms of columns
14 Ballpark figures?
15 Unlike an ort
16 Aussie gemstone
17 Insolent talk
18 "Oho!" and such
19 Fiddling Roman
20 Demolition compound
21 Kind of artist
23 Periods of duty at sea
25 Finish ahead of
26 Hardly macho
28 ___ different tune (changed one's mind)
30 "You can say that ____!"
31 Distinctive historical period
32 Cross-referencing word, in crosswords
35 Cuckoo, in Cancun
36 Danish bread?
37 It may be rigged
38 Relic in the first Indiana Jones movie
39 Subtly sarcastic
40 They work in beds
41 Wooden shingle
42 Second cousin?
43 Legally prohibit
45 Thanked the audience, in a way
46 Place to exercise a passing fancy?
49 Rubber ducky's spot
52 Where Zeno lectured
53 Mimicking
54 Fish-eating raptor55 Univ. instructor
56 Chocolate-yielding tree
57 Racetrack pace, sometimes
58 Connecticut Ivy League school
59 Funeral sound
60 ___ for (chooses)

DOWN

1 "... ___ any man should boast" (Ephesians 2:9)
2 Islamic nation
3 Path for a rapidly rising exec
4 Dangerous road shape
5 Protected from danger
6 Home to Notre Dame
7 Involving the ear
8 Need a bath desperately
9 Fix firmly
10 Beethoven piece
11 Turn topsy-turvy
12 Bette's "All About Eve" role
13 Gin flavorer
21 Agatha Christie's "The Mysterious Mr. ____"
22 Jackman of film
24 Stew or miscellany
26 Posh party
27 Transylvanian lab assistant
28 Fine china brand
29 Second-to-none rating
31 Ponch portrayer of TV
32 Where a cop might take aim at you
33 Make, as an income
34 Formerly, in olden days
36 Hitchhiker's load
37 Nonspecific amount
39 Nursery rhyme residence
40 Hockey great Gordie
41 Fighter-plane action
42 Golden Horde member
43 Old paperboy's cry
44 Thread buy
45 Commonplace
46 See at a distance
47 Airplane wing measure
48 Grown-up nits
50 Hospital ward
51 Pari-mutuel transactions
54 Cause of a power trip

Yesterday's Solution

Today in History

1892 The first long-distance telephone line between New York and Chicago is officially opened).

1969 The federal government bans artificial sweeteners known as cyclamates because of evidence they caused cancer in laboratory rats.

2006 The Dow Jones industrial average passes 12,000 for the first time and then closes at 11,992.68.

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people lookout

AILING

Giuliana Rancic Announces She Has Breast Cancer

"E! News" host Giuliana Rancic says she has the early stages of breast cancer. Rancic, 37, says it was discovered during a mammogram while she was undergoing a third round of in-vitro fertilization in an effort to get pregnant. Rancic, who is married to "Apprentice" winner Bill Rancic, broke the news on the "Today" show Monday. (AP)

OBSERVATIONS

If Your Sheriff Wears a Poncho, We Want to Know

Action star Steven Seagal is now patrolling Texas' border. Seagal, 59, was sworn in this week as a sheriff's deputy in Hudsepth County, Texas, which runs along the Rio Grande. Seagal, who stars in "Steven Seagal: Lawman," an A&E reality series about his work as a reserve deputy in New Orleans, is "not in this for the celebrity or publicity," County Sheriff Arvin West told Reuters. "He has a sincere passion for his country, and he wants to do more to help." He will report for duty in January. (EXPRESS)

PRONOUNCEMENTS

'You Are Now Free to Make Googly Eyes at Our Spawn'

Mariah Carey and Nick Cannon are ready to introduce their twin babies to the world, nearly six months after their birth. Barbara Walters sat down with the couple and their son, Moroccan, and daughter, Monroe, for an interview that will air Friday on ABC's "20/20," the couple say. It will be the twins' first televised appearance. (EXPRESS)

"And we're proud to announce 'Glitter: Preschool,' coming to Bravo in 2016."

Name-Calling

At Least ESPN Can't Fire Her

Susan Sarandon is not a fan of Pope Benedict XVI, reports Newsday. Discussing 1995's "Dead Man Walking," in which she played Sister Helen Prejean, at a film festival, Sarandon said she sent the pope a copy of Prejean's book, before clarifying: "The last one, not this Nazi one we have now." (EXPRESS)

"My arms were particularly one of the things I hated most about my body, so it's nice to see them slimming down."

—**RICKI LAKE** ON HOW HER STINT AS A CONTESTANT ON ABC'S "DANCING WITH THE STARS" HAS LED TO SOME UNEXPECTED WEIGHT LOSS.

RULINGS

Man Charged With Stalking Halle Berry to Stand Trial

A judge ruled that a man charged with stalking Halle Berry should stand trial on two charges filed after he was repeatedly seen on the actress' property. Richard Franco was charged after police arrested him outside Berry's home in July after he was seen on the property three times in three days. A Los Angeles police officer testified that when caught, Franco was carrying a key to Berry's guesthouse. (AP)

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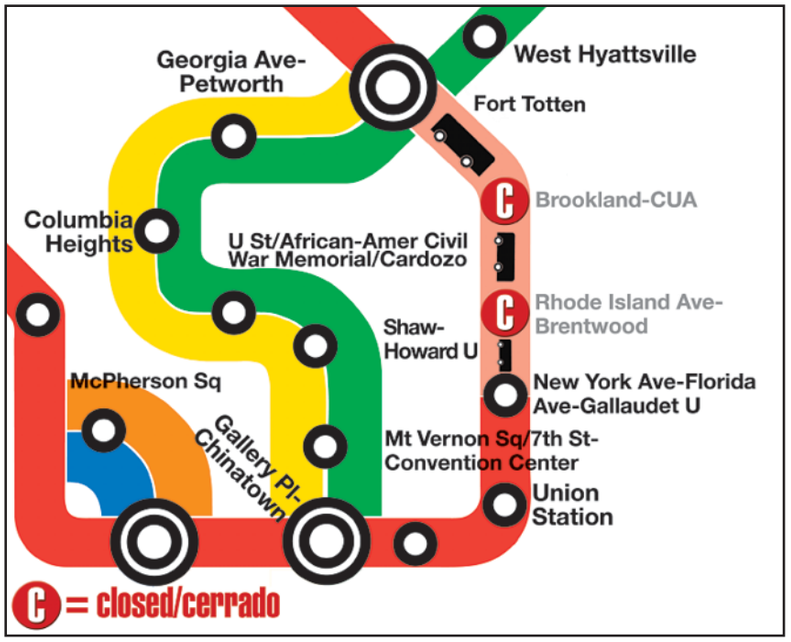
Weekend Track Work



From Friday, October 21 at 10 p.m. to Sunday, October 23 at closing: Buses replace trains on the Red Line between Fort Totten and New York Ave stations.

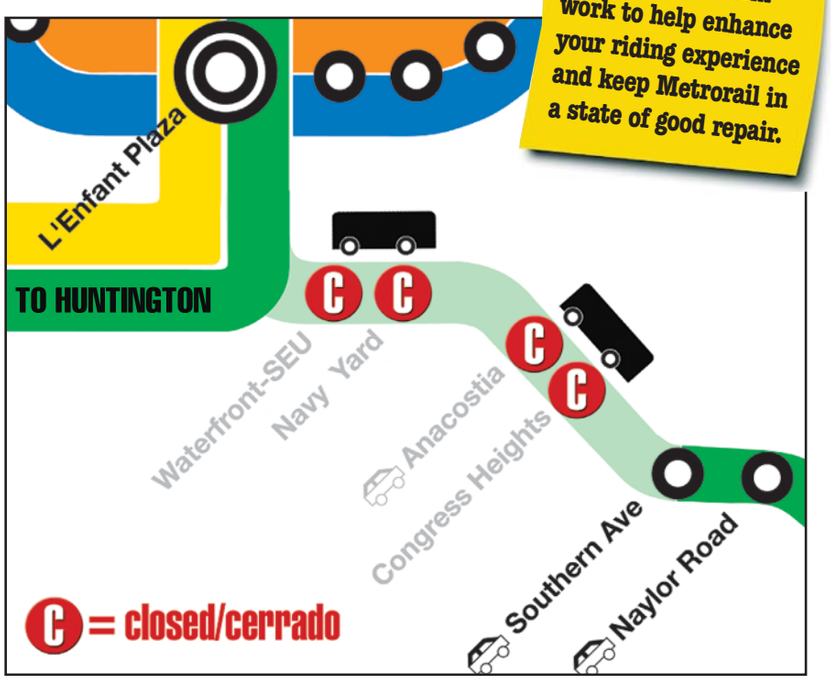
Temporarily closing stations and suspending train service is necessary while Metro rehabilitates track and stations, performs cable work and provides a work zone for DDOT bridge work near New York Avenue.

For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

metro forward a better ride for you

Weekend Track Work

On these weekends, Metro will perform work to help enhance your riding experience and keep Metrorail in a state of good repair.



From Friday, October 28 at 10 p.m. to Sunday, October 30 at closing: Buses replace trains on the Green Line between L'Enfant Plaza and Southern Ave stations. Green Line trains will operate between Greenbelt and Huntington stations and between Southern Ave and Branch Ave stations.

Temporarily closing stations and suspending train service is necessary while Metro makes preparations to install NTSB-recommended guarded #8 switches in November.

Metro will run two free shuttle bus routes: An express route between L'Enfant Plaza and Anacostia, and a local route serving all Metro stations between L'Enfant Plaza and Southern Ave. For more information, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

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